Harlingen

Marshall

Waco

West Texas

# THE OFFICIAL Texas State Technical College Cookbook

*Celebrating 40 Years*
*of Technical Education*



Abilene

Breckenridge

Brownwood

Sweetwater

THE OFFICIAL

# Texas State Technical College Cookbook

TSTC 40 Years

*Celebrating 40 Years*
*of Technical Education*

Texas State Technical College

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First edition

*This book is dedicated to those current members of the TSTC family who have the most years of service with the college. They have set the bar for all of us with their dedication and hard work.*

*Rogerio Cavazos, Harlingen*
*Flo Darwin, Waco*
*Wendell Daunis, Waco*
*Bettye Dowdy, Waco*
*Bob Gordon, Waco*
*Don Hill, Waco*
*Dwain Ingram, Waco*
*J. Gilbert Leal, Harlingen*
*Tom Liston, Waco*
*Richard Moore, System*
*Homer Taylor, West Texas*
*Shela Tidwell, System*

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## Key to abbreviations:

c. = cup
lb. = pound
oz. = ounce
pkg. = package
tbsp. = tablespoon
tsp. = teaspoon

# Introduction

Texas State Technical College (TSTC) was established in 1965 as the James Connally Technical Institute (JCTI) of Texas A&M University to meet the state's evolving workforce needs. This College was located in Central Texas at the former James Connally Air Force Base in Waco. At the time, Governor John Connally predicted that it would be "the most sophisticated technical-vocational institute in the country."

In 1967, JCTI expanded to include a South Texas campus in Harlingen. In 1969, the Colleges separated from Texas A&M University and became an independent state system, with the name Texas State Technical Institute (TSTI) and its own Board of Regents. Additional campuses were created in 1970 in Amarillo in the Panhandle of Texas and in Sweetwater in West Texas. As the demand for quality technical education continued to grow, extension centers were established in McAllen (1983), Abilene (1985), Breckenridge (1989), Brownwood (1991), and Marshall (1991). In 1991, TSTI was renamed Texas State Technical College (TSTC). In 1999, the extension center in Marshall became an independent college of the system.

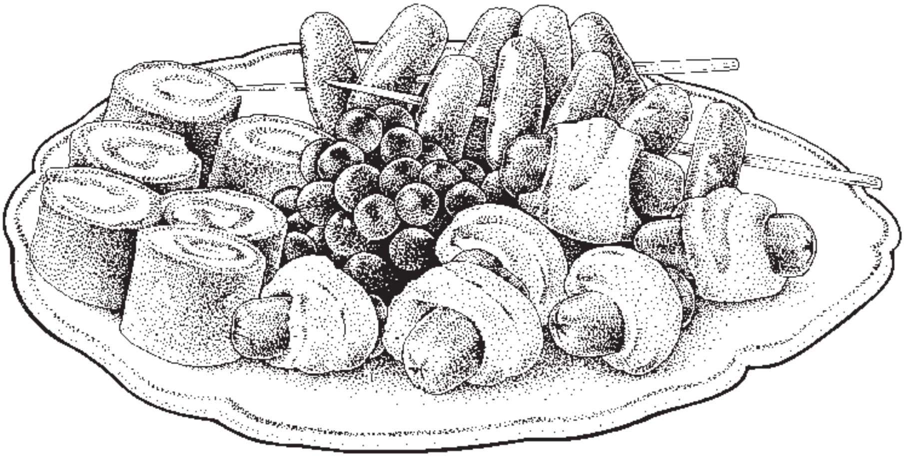
Today, the Texas State Technical College System includes four colleges: TSTC Harlingen, TSTC Marshall, TSTC Waco, and TSTC West Texas, which has campuses in Abilene, Breckenridge, Brownwood, and Sweetwater. More than 10,000 students attend TSTC in credit programs alone.

TSTC is the only state-supported technical college system in Texas. With a statewide role and mission, TSTC is efficiently and effectively helping Texas meet the high-tech challenges of today's global economy in partnership with business and industry, government agencies, and other educational institutions. TSTC has high graduation rates, exceptional graduate success rates, and an outstanding record in graduating individuals from diverse cultural and socioeconomic backgrounds.

Among TSTC's strengths are its emphasis on "learning by thinking and doing," strong relationships with business and industry, state-of-the-art laboratories, residential campuses, and a student-centered philosophy:

"We believe in people. We believe people desire to be responsible and productive citizens. We believe technology is a force to be explored and channeled by people in a productive and responsible manner for the benefit of all humankind. Therefore, we believe all people should be provided with the educational opportunity to learn the skills necessary to perform meaningful work and, thereby, pursue their goals as responsible citizens contributing to the welfare and success of their families, communities, state, nation, and world."

# APPETIZERS



## Al Guillen writes:

Al Guillen
Master Instructor

Chemical Technology
TSTC Harlingen

*The Salsa de Casa recipe was developed by my father, Alfonso Guillen Sr., many years ago when I was growing up in the 1950s. Your kitchen will smell wonderful and the salsa tastes even better. This salsa goes great with tacos, on eggs (as in huevos rancheros), on tamales, and as a dip. Once you taste it, store-bought salsas will never meet the standard. This salsa was also known as the poor man's salsa. An entire family would eat flour tortillas and salsa for dinner. A little bacon went a long way in feeding a large group of folks while the flour tortillas provided the necessary carbohydrates for energy as they worked in the fields or clearing brushland.*

# Al Guillen's Cooked Salsa de Casa

Al Guillen
Master Instructor

Chemical Technology
TSTC Harlingen

## Ingredients

- 1 lb. bacon, sliced and cut to bits approximately 1-inch square
- 8 medium-large ripe tomatoes, cubed to 2-inches per-side pieces
- 1½ large yellow onions, chopped
- 3 serrano or 10 pequin chilies, finely cut or ground evenly
- ¼ green bell pepper, cut same size as bacon bits
- 2 tsp. salt
- 2 tsp. black pepper
- ¼ tsp. garlic powder or finely cut garlic

**1** Using a 12-inch diameter and 2-inch deep-covered sauce pan gently cook the bacon until the bacon begins to crisp. Turn off the heat and scoop bacon to a bowl using a slotted spatula.

**2** Add the onion to the bacon grease in the pan and sautee until it is transparent. Turn off heat and drain and discard residual bacon grease.

**3** Add the bacon and the tomato to the onions in the pan. Add the serrano or pequin chilies, bell pepper, salt, black pepper, garlic powder and gently mix the ingredients as in mixing a salad.

**4** Cover and heat using medium flame or heat until the mixture comes to a boil and lower the heat to gently simmer and allow the mixture to reduce. Offset the cover as you simmer to allow the water to evaporate away.

**5** Gently stir so as not to break down the tomato pieces to liquid. The intent is to thoroughly cook the ingredients, leaving a slightly chunky salsa while achieving a gravy-thick texture.

## Did you know ...




In its early years TSTC was
called Texas State Technical Institute.

# Armadillo Eggs

Otto Wilke
Program Chair

Math
TSTC Waco

## Ingredients

- 24 fresh, medium jalepeno peppers
- 1 lb. mild pork sausage
- 2 c. Bisquick
- 1 pkg. (16 oz.) cheddar cheese, shredded
- 1 tbsp. crushed red pepper flakes
- 1 tbsp. garlic salt
- 1 pkg. (16 oz.) Monterey Jack cheese, cubed

**1** Preheat oven to 325 degrees.

**2** Cut a slit down the side of each jalapeno. Remove and discard the seeds and as much of the pulp as possible. Trim off the stems. Set aside.

**3** Combine the sausage, Bisquick, cheddar cheese, red pepper flakes, and garlic salt in a large bowl. Mix well.

**4** Insert 1 or 2 cubes of the Monterey Jack cheese into each jalapeno.

**5** Pinch off a portion of the sausage mixture and shape it around each jalapeno, covering it completely.

**6** Arrange the eggs evenly on a greased baking sheet, and bake for 25 minutes until lightly browned.

## Mario H. Cantu writes:

Mario H. Cantu
Instructor

Telecommunications Technology
TSTC Marshall

*Every time my wife and I get invited somewhere people tell us "Bring your guacamole!"*

*I always wanted to be a teacher, but when I got started as an engineer at AT&T it turned out to be a fun career. Therefore, when I retired I started here at TSTC part time and I really liked it. (I just wish I could have done this sooner!)*

# Cantu's Hot Chunky Guacamole

Mario H. Cantu
Instructor

Telecommunications Technology
TSTC Marshall

## Ingredients

6 ripe avocados
1 medium ripe tomato
2 fresh jalapenos
1 small onion
1 tsp. lemon juice
1 tsp. salt

**1** In a medium bowl, mash up the avocados with a potato masher.

**2** Chop up the tomato in small squares, chop up the onion into very small squares, and chop up the jalapenos into very small pieces.

**3** Mix all ingredients into the bowl and add 1 teaspoon of lemon juice and 1 teaspoon of salt. Add more salt if needed.

## Did you know ...



TSTC Waco students learn
cutting-edge skills in automotive repair.

# Chicken Puffs

David Day
Director
Transportation & Services Technologies Cluster
TSTC Waco

## Ingredients

- ½ lb. boiled/broiled chicken
- ¼ lb. margarine or butter
- 4 eggs
- 1 c. water
- 1 c. flour
- ½ c. mayonnaise
- ½ c. chopped celery
- ¼ c. chopped onion (optional)
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ tsp. hot sauce (or to taste)
- ½ tsp. poultry seasoning
- ½ tsp. sage
- ¼ tsp. celery seed
- ½ finely chopped/seeded jalapeno (optional)

**1** Preheat oven to 400 degrees.

**2** In a saucepan, bring water and butter/margarine to a boil; stir in flour until it forms a ball. Remove from heat and beat in 4 eggs with an electric mixer forming a batter approximately the consistency of thick peanut butter.

**3** Spoon ½-teaspoon balls of batter onto a non-greased baking sheet and place in a 400-degree oven for approximately 25 minutes or until golden brown.

**4** Set aside puffs to cool.

**5** In a large bowl, shred cooked chicken.

**6** Add remaining ingredients and stir well. More mayonnaise may be added if mixture is too dry. Spices may be added to taste. I like to add a little jalapeno to spice up the chicken salad. Salt and pepper as needed.

**7** Chill for at least 1 hour.

**8** Cut puffs open, and place approximately ½ teaspoon of chicken salad and serve chilled.

*Makes approximately 24 chicken puffs.*

## Did you know ...




The airport at TSTC Waco allows the school
to instruct students in Aircraft Pilot Training.

# ¡Chile Con Queso Muy Delicioso!

Ted Donavan
Systems Analyst
Institutional Effectiveness, Research & Planning
TSTC Waco

## Ingredients

- 2 lb. Velveeta cheese
- 1 can (5 oz.) evaporated milk
- 1 can (10 oz.) Rotel diced tomatoes & green chilies
- fresh (or frozen) New Mexico roasted, peeled diced green chilies, as many as you like (canned green chilies if you aren't picky)

**1** Cut Velveeta cheese block into 2-inch cubes to speed in the melting process.

**2** Add evaporated milk, fresh green chilies, and the Rotel diced tomatoes and green chilies to the Velveeta cubes.

**3** Melt cheese slowly so as not to burn; stir frequently to mix all ingredients.

**4** Once melted, enjoy as a dip or as a delicious cheesy topping on anything.

## Did you know ...



Basketball is just one of many activities students may enjoy in the Student Center at TSTC West Texas Sweetwater.

# Cilantro Sauce

Shelli Scherwitz
Assistant Director

Telecommunications Network Services
TSTC West Texas Sweetwater

## Ingredients

- 2 bunches cilantro
- 5 cloves garlic (add to taste)
- ½ medium onion
- lime
- olive oil
- salt
- pepper

**1** Cut the bottom stems off the cilantro and place in food processor; add garlic cloves and onion. Pulse until ingredients are very finely chopped.

**2** Turn the food processor on low and slowly stream in the olive oil (about ⅓-½ cup). Sauce should be smooth and thick, like a salsa.

**3** Once incorporated, add the juice of ½ of a lime. Add salt and pepper to taste.

# Did you know ...



TSTC West Texas has the modern facilities necessary to provide high-tech training.

# Corn Dip

Teresa A. Phillips
Admissions Technician
Admissions
TSTC West Texas Brownwood

## Ingredients

- 2 cans golden whole kernel corn (drained)
- 16 oz. sour cream
- ½ c. green onion, chopped
- ½ c. green pepper, chopped
- 1 c. shredded cheddar cheese
- salt & pepper to taste

1 Mix all the ingredients together thoroughly.

2 This dip tastes better the second day so it is suggested to make it the night before it is to be served.

3 Serve with any kind of chips.

## Did you know ...




TSTC Marshall provides the gateway to a successful future.

# Party Spinach Rolls

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

**Ingredients**

- 1 pkg. frozen spinach
- 3 green onions
- 1 small jar bacon bits
- 1 c. mayonnaise
- 1 c. sour cream
- 1 pkg. Hidden Valley ranch mix
- 1 pkg. flour tortillas

**1** Thaw spinach and squeeze out the excess moisture. DO NOT COOK!

**2** In a blender, combine the spinach, green onions, bacon bits, mayonnaise, sour cream, and Hidden Valley mix.

**3** Spread on each tortilla and roll up. Secure with toothpicks.

**4** Cut the tortilla in 3 separate bite-sized pieces.

## Did you know ...




Students who graduate from TSTC have learned the skills that allow them to become industry professionals.

# POP Overs

William Burrow
Instructor

Robotics
TSTC West Texas Sweetwater

## Ingredients

2 eggs
2 c. milk
2 c. water
1 c. flour
1 tsp. salt

1 Preheat oven to 450-500 degrees.

2 Break 2 eggs into bowl; add milk and water and beat well.

3 Add flour and salt and beat well into egg mixture.

4 Pour mixture into a well-greased muffin pan.

5 Have grease in muffin pan preheated until grease is smoking.

6 Bake in oven for 45-50 minutes or until pop overs are well browned on top.

7 Serve with butter and honey or whatever condiments that you think would go well with them. They will be hollow on the inside so fill them up.

## Arden Thelin writes:

Arden Thelin
Department Secretary
Webmaster Technology
TSTC Waco

*This is my daughter's favorite snack and a must have at Christmas.*

# Sausage Balls

Arden Thelin
Department Secretary

Webmaster Technology
TSTC Waco

**Ingredients**

- 1 lb. ground pork sausage
- 1 lb. cheddar cheese, shredded
- 2 c. Bisquick (or other biscuit baking mix)

**1** Combine sausage, cheddar cheese, and Bisquick until completely blended.

**2** Form into balls and place on baking sheet. (Can be frozen at this point; freeze on cookie sheet and then put into bags when completely frozen.)

**3** Cook at 350 degrees for 10-15 minutes.

## Did you know ...



Female pilots from World War II
are memorialized at TSTC West Texas.

# Show Pig Corn Dip

Eileen Graham
Director

Human Resources
TSTC West Texas Sweetwater

## Ingredients

- 2 cans shoepeg corn
- 2-4 fresh jalapenos, diced
- ¼ c. mayonnaise
- ¼ c. sour cream
- 2 c. shredded cheese
- minced garlic or garlic powder

**1** Mix drained corn and shredded cheese, mayonnaise, sour cream, jalapenos, and garlic; salt and pepper to taste.

**2** Diced onion can be added.

**3** Serve with Fritos Scoops as a dip, or on a bed of lettuce as a side dish.

## Susan Vonder Hoya writes:

Susan Vonder Hoya
Chief Financial Officer

Financial Services
TSTC System

*This recipe came from a TSTC Harlingen culinary arts class. We had the shrimp cocktail at a TSTC Board of Regents meeting. It was the best shrimp cocktail that I had ever tasted. I begged the instructor for this recipe.*

*I love the culture at TSTC as being one big family. At TSTC you are allowed to be innovative and try to make changes without being fearful of one's mistakes along the way. Everyone is willing to help one another. We find ways to make it happen during both the plentiful and lean times. My most memorable experience was the first time that TSTC received HEAF funds.*

# Shrimp Cocktail

Susan Vonder Hoya
Chief Financial Officer

Financial Services
TSTC System

**Ingredients**

- 1½ lb. shrimp
- 1 tomato
- ⅛ onion
- ½ bunch cilantro
- 1 avocado
- 1 c. tomato sauce
- 1½ c. ketchup
- ¾ fresh lemon

**1** If you choose fresh shrimp, boil shrimp for 5 minutes or until shrimp is pink. (Note: water must be boiling before you add shrimp. You can add salt, white pepper, and garlic powder to water while boiling.)

**2** Dice your tomatoes, onion, cilantro and avocado. Mix all ingredients together.

**3** Add cooled shrimp and mix well.

**4** Squeeze lemon and mix again.

## Dennis Althoff writes:

Dennis Althoff
Senior Instructor

Computer Science Technology
TSTC Harlingen

*It's a quick, easy, and spicy dip.*

# Spicy Black Bean & Cheese Dip

Dennis Althoff
Senior Instructor
Computer Science Technology
TSTC Harlingen

## Ingredients

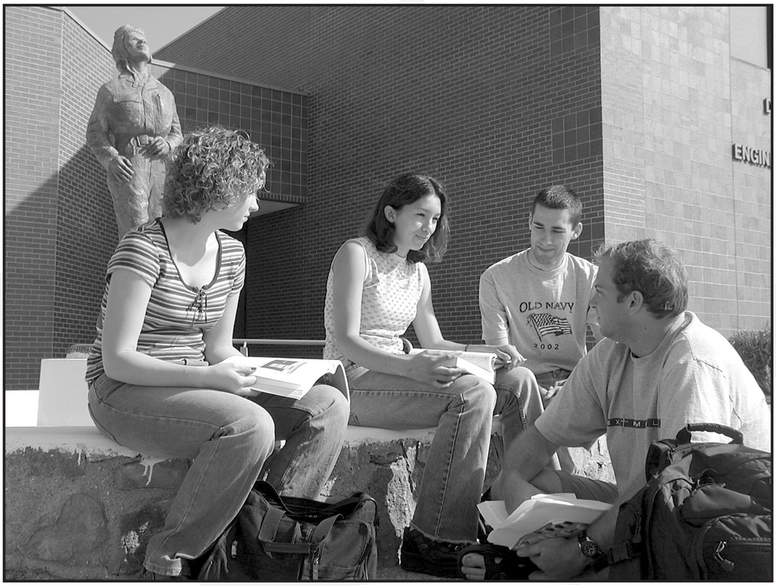
- 2 cans refried black beans
- 1 lb. Velveeta Mexican cheese
- 1 can Rotel extra hot diced tomatoes and chile peppers

**1** Combine all ingredients in a 2-quart microwavable dish.

**2** Microwave on high for 4-5 minutes, stir, reheat, stir—until cheese blends smoothly.

**3** Serve with tortilla chips or toasted garlic bread chunks.

## Did you know ...




TSTC West Texas students compare notes and discuss the top-notch education they are receiving.

# Spinach Artichoke Dip

Susie Clack
Director

External Resource Development
TSTC West Texas Abilene

## Ingredients

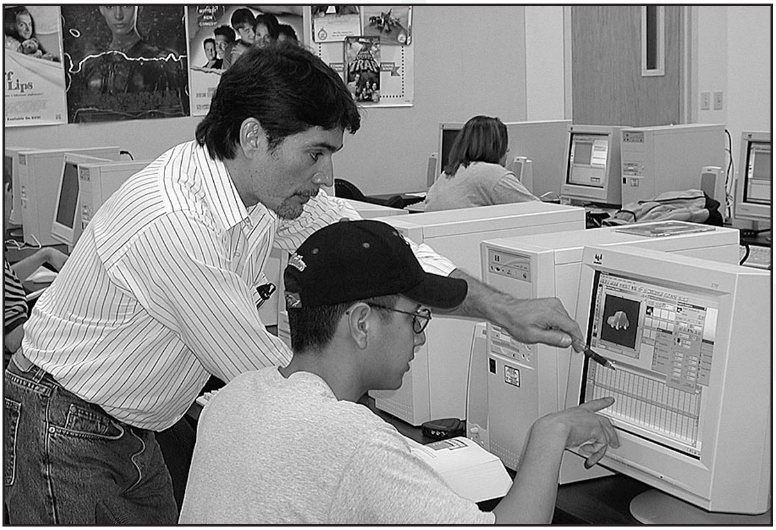
- 1 can artichoke hearts (drained)
- 1 pkg. chopped spinach (thawed & squeezed dry)
- 1½ c. mayonnaise (preferably Hellman's)
- 1½ c. parmesan
- 1 dash Worcestershire sauce
- 1 dash Tabasco sauce, (optional: a dash of liquid smoke)
- ½ tsp. garlic salt

**1** Mix parmesan, mayonnaise, and seasonings. Add chopped artichoke hearts and spinach.

**2** Bake in greased 8x8 Pyrex pan at 350 degrees until golden brown, about 35-40 minutes.

**3** Serve with toast or your favorite crackers.

## Did you know ...



Students receive the help they need at TSTC West Texas.

# Spinach Balls

Vicki Campbell
Vocational Counselor

Counseling & Testing
TSTC West Texas Brownwood

## Ingredients

- 2 pkg. (10 oz.) frozen chopped spinach, cooked & drained
- 2½ c. Pepperidge Farm herb-seasoned stuffing, fine
- 1 small onion, diced & sauteed in butter
- 6 eggs, beaten
- 1½ tsp. garlic salt
- ¾ c. butter, melted
- 1½ c. parmesan cheese

1. Squeeze any excess moisture from spinach.
2. Combine with remaining ingredients. Mix well.
3. Shape into ¾-inch balls and place on lightly greased cookie sheet.
4. Freeze.
5. Thaw only slightly and bake at 350 degrees for 10-15 minutes.

## Mandy Bates writes:

Mandy Bates
Accountant

Comptroller's Office
TSTC System

*I have an aunt who always makes the coolest stuff, and she gave me this fun recipe. This is one that the kids can help with and they love to eat it!*

*I work with great people. We can depend on each other for both professional and personal support. It makes it easy to come to work when you feel like part of the family.*

# Taco Ring

Mandy Bates
Accountant

Comptroller's Office
TSTC System

## Ingredients

- 1 can crescent rolls
- 1 lb. browned ground beef (you could substitute with turkey)
- grated cheese
- diced tomatoes
- chopped lettuce

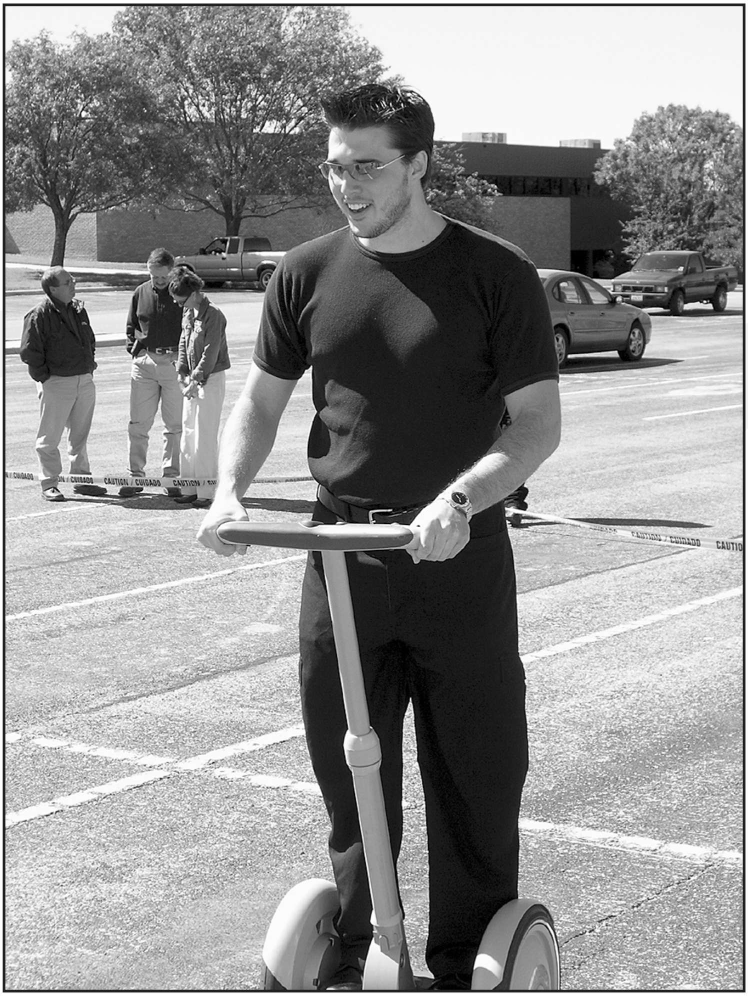
**1** Unroll the crescent rolls and arrange them in a ring as if they were the rays of the sun (smaller end pointed outward) on a sheet pan or a circle stoneware pan.

**2** Distribute the browned ground meat over the larger end of the crescent rolls and top with cheese.

**3** Bake according to the crescent rolls package.

*If you use a circle stoneware pan allow it to cool and serve with lettuce, tomato in the center (you can also put sour cream, hot sauce, and/or guacamole in the center). If you used a sheet pan, you will need to transfer it onto a round serving dish and can garnish the same as above.*

## Did you know ...




Segways can be seen crisscrossing
campuses throughout the TSTC System.

# Unusual Dip

Trish Haigood
Program Chair/Associate Professor
Computer Information Technology
TSTC West Texas Sweetwater

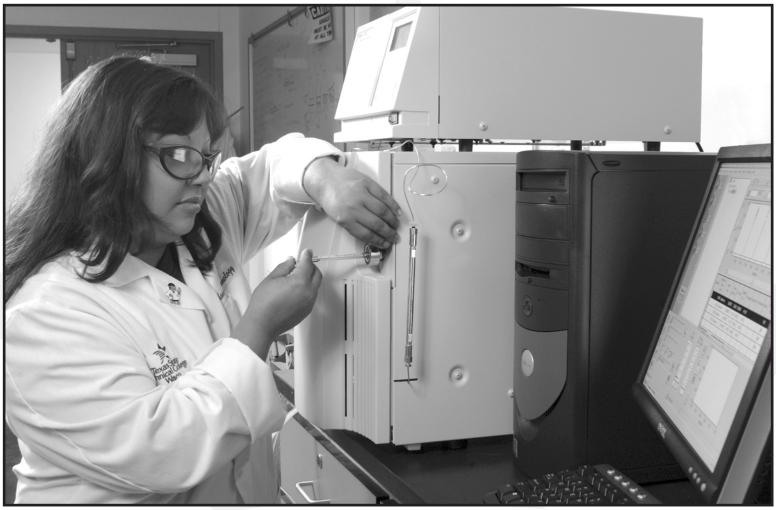
## Ingredients

- 3 pkg. (8 oz.) cream cheese
- 1 can tomato soup (do not add water)
- 1 c. mayonnaise
- 1 small pkg. lemon Jello (do not add water)
- 1 c. bell pepper, chopped
- 1 c. onion, chopped
- 1 c. celery, chopped
- 1 c. pecans, chopped

**1** Mix all ingredients together and let set in refrigerator overnight to blend flavors.

**2** Serve with veggies or crackers.

## Did you know ...



Recruiting students from populations traditionally under-represented in technology fields is a key strategy of TSTC.

# Fresh Tomato & Basil Brushetta

Cherrie McBratney
Regional Admissions Advisor D/FW

Marketing & College Relations
TSTC Waco

## Ingredients

1 loaf of skinny French bread; however, I have used bagel chips or Trisket crackers (rosemary & garlic are my favorite).

3 ripe tomatoes (Roma)

½ medium zucchini, coarsely chopped

½ medium yellow squash, coarsely chopped

¼ c. snipped fresh basil leaves

1 pressed garlic clove (I use the minced garlic in a jar, about ½ tsp. & keep in the refrigerator.)

2 tsp. balsamic vinaigrette (Ken's is my favorite.) If you don't have it substitute ½ tsp. olive oil & ¼ tsp. salt.

fresh parmesan cheese or grated Swiss cheese

**1** Cut bread into slices and bake at 350 degrees until light brown.

**2** Combine vegetables and oil and then scoop onto toasted slices.

**3** Sprinkle cheese on top.

**4** Heat until cheese melts.

## Did you know ...




You never know where TSTC will show up next!

# Onion & Cheese Dip

Cherrie McBratney
Regional Admissions Advisor D/FW

Marketing & College Relations
TSTC Waco

**Ingredients**

3 c. diced Vidalia onions (or sweet onions)

1 c. mayonnaise

2 c. Swiss cheese, grated

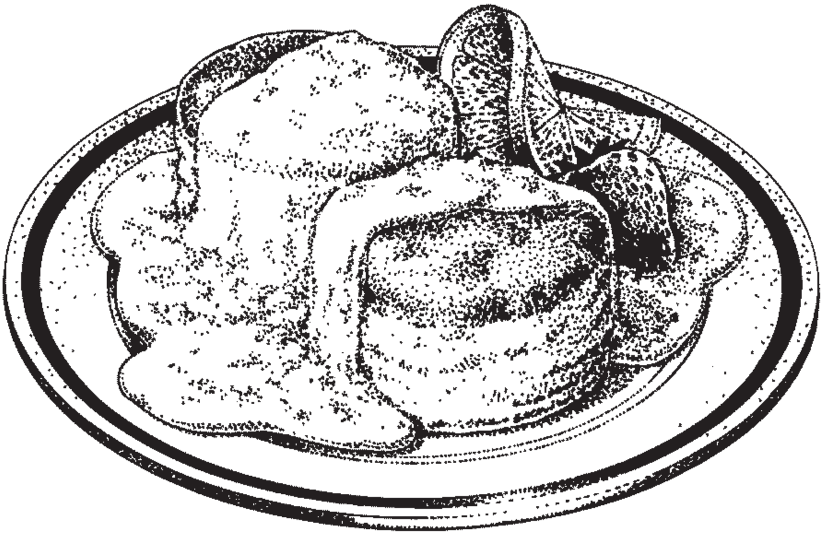
2 c. mild cheddar cheese, grated

1 tsp. Tabasco (or more)

**1** Place ingredients in pre-"Pamed" glass oven baking dish.

**2** Bake at 350 degrees and serve with Trisket crackers or pita chips if you can find them.

# Side Dishes



## Al Guillen writes:

Al Guillen
Master Instructor
Chemical Technology
TSTC Harlingen

*The Beans-A-La-Crock should be monitored to assure that they never go dry or burn. There should be periodic mixing from bottom to top so that when water is added it is at room temperature or warm. The cilantro may be added at the end, allowing the temperature of the hot beans to cook it. The entire pot will acquire the cilantro taste as it is mixed in.*

# Al & Mary Guillen's Pinto Beans A-La-Crock

Al Guillen
Master Instructor

Chemical Technology
TSTC Harlingen

## Ingredients

- 2 lb. pinto beans
- 2 tsp. garlic powder
- 2 tsp. salt
- 1 tsp. black pepper
- ½ tsp. ground cumin
- 1 large tomato, chopped
- 1 large onion, chopped
- 1 small can tomato sauce
- ½ lb. salted pork, cubed
- ½ bundle cilantro

*Optional:*
*jalapenos*

**1** Place all ingredients in a 3-quart crock pot; add water to 1 inch from the top and stir gently and thoroughly.

**2** Turn the crock pot to high if you will be available to monitor the beans during the 5 hours cooking time, adding water as needed. Stir gently periodically.

**3** Turn the crock pot to medium if you wish to have the beans cooked unsupervised overnight or during the day.

**4** Cook until the beans are soft and easily flattened with a spoon against the edge of the pot, adding the cilantro to the pot for the last 10 minutes of cooking.

## Alberto L. Caro writes:

Alberto L. Caro
Instructor
Digital Imaging & Design Technology
TSTC West Texas Sweetwater

*Plantain: a plant belonging to the banana family, widely cultivated in humid tropical regions for its edible fruit. The green-skinned banana-like edible fruit of this plant has high starch content when ripe and can be cooked and eaten as a vegetable. It is a fruit similar to but larger, firmer, and less sweet than the banana.*

*This is a simple recipe from the island of Puerto Rico. It is also a traditional side dish to serve with any meal.*

# Amarillos (Fried Ripe Plantains)

Alberto L. Caro
Instructor

Digital Imaging & Design Technology
TSTC West Texas Sweetwater

## Ingredients

2 or 3 ripe plantains (Select plantains that are very yellow. They should be kind of orange in color with black spots. The darker the skin, the sweeter the plantain is. If they are not ripe enough, store in a dark, warm place and give them time to ripen. They should be soft to the touch).

oil (for frying)

**1** Slice the ripened plantain in half.

**2** Carefully peel the skin off.

**3** You may choose to use the full length or cut in half (across).

**4** Slice the length carefully. You can usually get 3 slices from each of the 2 plantain sections. Each slice should be about ½ inch thick.

**5** On medium setting heat some vegetable oil in frying pan. You don't need the oil to cover the plantain; it should just be enough to come halfway up the sides of the plantain slices.

**6** Using a spatula or a fork, turn the slices over when the sides start to look dark brown.

**7** Remove the slices from the oil when both sides are done, and drain on some paper towels.

**8** Wait for the plantains to cool slightly before serving. The sugar content in them can really burn you.

*For breakfast serve with over easy or sunny side up eggs (a jíbaro favorite – a term used to refer to native Puerto Ricans).*

## Did you know ...



State-of-the-art computers are standard equipment at TSTC.

# Breakfast Rolls

Pam Marler
Administrative Assistant
Resource Development
TSTC West Texas Abilene

## Ingredients

- 1 pkg. frozen Parker House rolls
- 1 small box regular (not instant) butterscotch pudding
- ¾ c. brown sugar
- ¾ c. sugar
- 2 tsp. cinnamon
- ½ c. pecans, chopped
- 1 stick margarine, melted

**1** The night before, place the frozen rolls in a bundt tube pan. Mix dry pudding with brown sugar and sprinkle over rolls. Mix sugar with cinnamon and sprinkle over rolls. Sprinkle nuts on top. Pour melted margarine over all. Cover with a towel.

**2** Let set overnight on kitchen counter. Bake in a 325 degrees oven for 40 minutes. Let stand 5 minutes in pan after baking.

**3** When you turn the pan over after baking, make sure you turn it onto something to catch topping run-off.

## Veronica Covey writes:

Veronica Covey
Department Secretary

Welding
TSTC Waco

*This is a recipe that my nanny used to make and I always loved it. Broccoli cornbread made a good after-school snack as well as a side at any family gatherings.*

*I have been employed at TSTC in the welding programs for 30 years. I love my job and enjoy helping all the students. We are here for the students and they are my top priority. I cannot think of anywhere I would rather be!!*

# Broccoli Cornbread

Veronica Covey
Department Secretary

Welding
TSTC Waco

## Ingredients

- 2 boxes Jiffy cornbread mix
- 4 eggs
- 1½ sticks butter, melted
- 1 pkg. (10 oz.) frozen broccoli, thawed
- 12 oz. cottage cheese
- 1 small onion, chopped

**1** Preheat oven to 350 degrees.

**2** Mix all ingredients and pour into a greased 9x13 baking pan.

**3** Bake for 45 minutes or until golden brown.

## Did you know ...



TSTC Marshall students receive the reward they've earned.

# Broccoli Rice Casserole

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

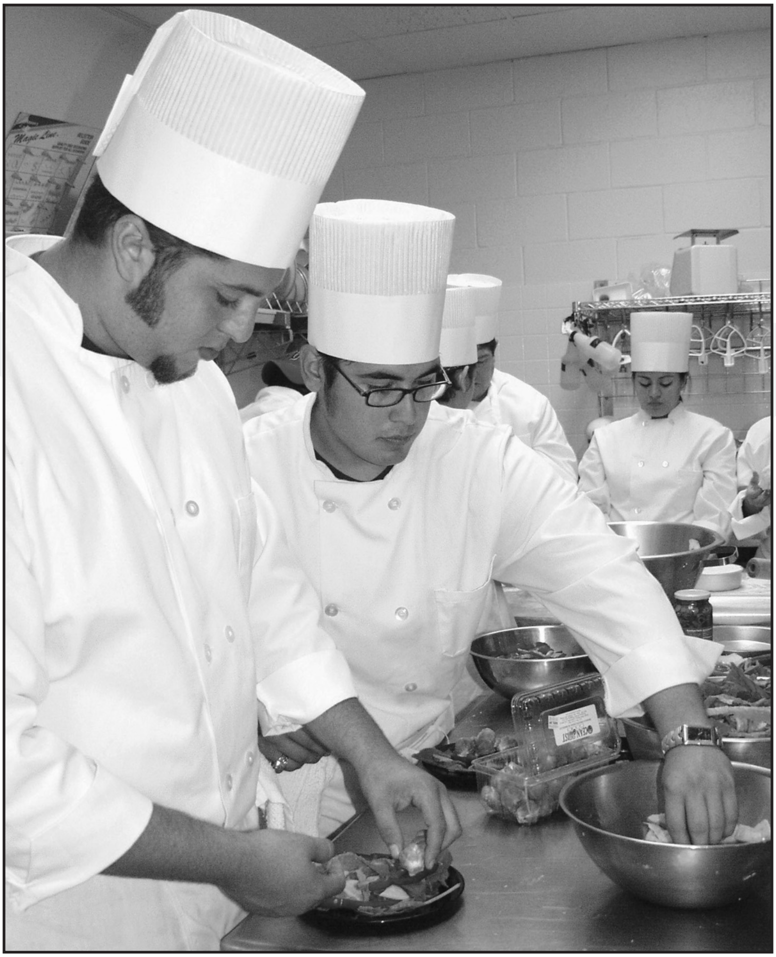
- 1 pkg. frozen broccoli, chopped
- 2 c. Minute rice
- 1 jar Cheese Whiz
- 1 can mushroom soup
- ½ c. onions, chopped
- ½ c. celery, chopped
- 1 stick oleo
- ½ c. parmesan cheese
- black pepper
- dash of oregano

**1** Saute onions and celery in oleo.

**2** Add all other ingredients to hot, cooked rice.

**3** Pour into buttered casserole and bake covered for 30 minutes at 350 degrees.

## Did you know ...



TSTC Harlingen Culinary Arts students prepare a salad for a weekly luncheon.

# Cabbage Slaw with Attitude

Patrick Bauer
Program Chair

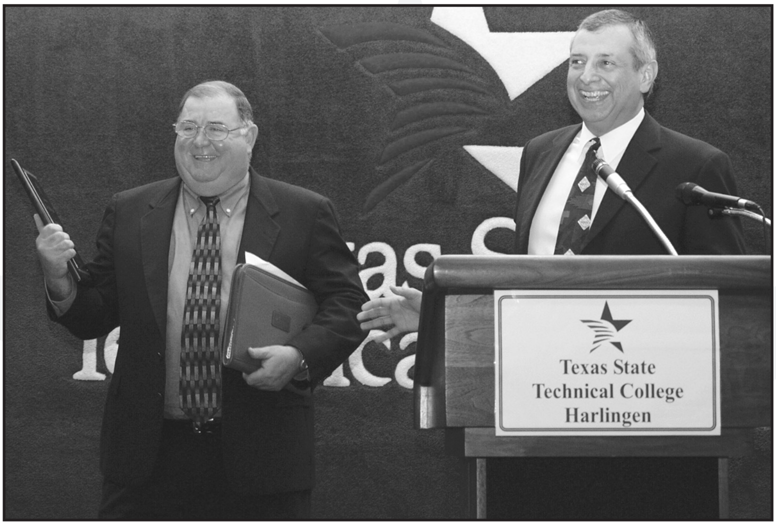
Culinary Arts
TSTC Harlingen

## Ingredients

- 1 head of cabbage, shredded
- 1 tbsp. mint, chopped
- 1 tbsp. curry powder
- 1 jar mango chutney
- 1 tbsp. cilantro, chopped
- 2 c. dry roasted peanuts
- 3 tbsp. dry white wine

**1** Place all ingredients in a bowl and toss.

## Did you know ...




TSTC Chancellor Bill Segura presents Dr. J. Gilbert Leal with a plaque for his 25 years as president of TSTC Harlingen.

# Cole Slaw

Billy Lucas
Accounting Assistant III

Payroll
TSTC System

## Ingredients

- 1 qt. mayonnaise
- 4 oz. sugar
- ½ tsp. plus pinch celery seed
- ½ tsp. black pepper
- 2 oz. dill pickle juice
- shredded cabbage or bag of cole slaw mix

**1** Mix all of the ingredients together without the cabbage or slaw mix to make the dressing. Mix well.

**2** Add dressing to either cabbage or slaw mix to desired taste.

## Did you know ...



Students receive the one-on-one instruction they need in labs at TSTC Waco.

# Confetti Salad

Gloria Wiley
Veterans Certification Officer

Admissions & Records
TSTC Waco

## Ingredients

- 1 red bell pepper
- 1 green bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 red onion
- 4 stalks celery
- 2 cans shoepeg corn
- 1 can French-style green beans
- ¼ c. Crisco salad oil
- 1 c. Heinz white vinegar
- 1 c. sugar

**1** Chop all bell peppers, onion, and 4 stalks of celery.

**2** Drain 2 cans of shoepeg corn and 1 can of French-style green beans.

**3** Boil ¼ cup of Crisco salad oil, 1 cup of Heinz white vinegar, and 1 cup of sugar until sugar is dissolved.

**4** Mix and chill before serving.

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

*I like this recipe because it keeps well and I can prepare it ahead of time.*

*I really like the students at TSTC and my most memorable experiences have occurred in the classroom where I have enjoyed seeing students "bloom where they are planted." I like TSTC so much that even though I retired in 2002, I still haven't left the campus!*

# Copper Pennies (Marinated Carrots)

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

## Ingredients

- 2 lb. carrots
- 1 onion, chopped finely
- 1 bell pepper, chopped finely
- 1 can tomato soup
- ½-¾ c. sugar
- ½ c. salad oil
- ½ c. vinegar
- 1 tbsp. Worcestershire sauce
- 1 tsp. prepared mustard
- salt & pepper to taste

**1** Peel, slice, and boil carrots until they are fork tender.

**2** Drain carrots and toss them with marinade of remaining ingredients. This recipe should be prepared at least 12 hours before serving.

## Did you know ...



These TSTC students are learning the skills necessary to create their own successful futures.

# Crab Dressing

Larry Wilke
Director
Telecommunications & Network Services
TSTC West Texas Sweetwater

## Ingredients

- 1 tbsp. olive oil
- ½ c. yellow onions, chopped
- ¼ c. celery, chopped
- ¼ c. green bell peppers, chopped
- ¼ c. green onions, chopped
- 1 tbsp. garlic, minced
- ½ tsp. salt
- ¼ tsp. black pepper, freshly ground
- pinch fresh thyme, chopped
- pinch sage
- pinch cayenne
- 2 tbsp. parsley leaves, chopped
- 2 c. cornbread, coarsely crumbled
- ½-1 c. chicken stock or water
- 6 oz. crab meat
- parsley, chopped (for garnish)

**1** Preheat oven to 400 degrees.

**2** In a large skillet or saute pan, heat the oil over medium-high heat. Add the onions, celery, and bell peppers and cook, stirring, until soft, about 3 minutes. Add the green onions, garlic, salt, pepper, thyme, sage, and cayenne and cook, stirring for 1 minute.

**3** Remove from the heat and stir in the parsley. Let cool slightly.

**4** Crumble the cornbread into a large bowl. Add the cooled vegetable mixture and ½ cup of the stock or water. Mix with your hands until the bread is moist.

**5** Fold in the crab meat and add more stock or water 1 tablespoon at a time as needed to be moist but not overly wet.

**6** Bake for 25-30 minutes, or until firm and golden brown on top. Let sit for 5 minutes, garnish with chopped parsley.

## R. D. Rowan writes:

R. D. Rowan
Airport Supervisor

Aviation Training Facility
TSTC Waco

*I've enjoyed this from a fresh garden since childhood, but have never known anyone else make it besides my Mom. It's just too good not to share.*

*Working at TSTC is my most rewarding hobby.*

# Cucumber Splash

R. D. Rowan
Airport Supervisor

Aviation Training Facility
TSTC Waco

## Ingredients

- cucumber(s)
- sweet onion(s)
- vinegar
- 1 can (8 oz.) milk
- 1 tbsp. sugar
- 1 tsp. salt
- 1 tsp. pepper

**1** Peel cold cucumber, slice lengthwise into quarters, and crosscut into medium chunks.

**2** Dice cold, sweet onion sizing pieces similar to cucumber chunks.

**3** In a small measuring cup, bowl, or mug, mix milk with 1 tablespoon of sugar and just enough vinegar to clabber.

**4** Add a teaspoon each of salt and pepper, experimenting with small additions of ingredients to make a sweet, but spicy and vinegary mixture.

**5** Pour over cold cucumber-onion mix and toss.

*Enjoy!*

## Betty Dupree writes:

Betty Dupree
Reference Clerk

Library
TSTC Waco

*I chose this recipe because it is EASY and very versatile. You can change the fruit combination to suit your taste. I am always on the go and can put this together in no time.*

*I like working at TSTC because of the friendly people. The library is a great place to come in contact with not only the faculty and staff, but also a wonderful place to help the students.*

# Easy Fruit Salad

Betty Dupree
Reference Clerk

Library
TSTC Waco

## Ingredients

- 1 can peach pie filling
- 1 pkg. (large) frozen strawberries, thawed & drained
- 1 small can pineapple tidbits or crushed, drained
- 1 can pears, drained & cut into chunks
- 1 can peach slices
- 2 bananas, sliced (dip into drained pineapple juice to keep from turning dark)

**1** Mix together and chill before serving.

**2** Mix all the drained juices together to make a delicious, smooth fruit drink.

## Wayne Blinka writes:

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

*This recipe usually allows our machine to throw some sunflower seeds out of the loaf pan while mixing. They then go slightly beyond toasty while the bread bakes. The flax seed meal is added late in the mix to avoid complications with the gluten/texture thing. The bread is better when made with better ingredients. King Arthur flours are consistently good.*

# Easy Multi-Grain Bread

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

## Ingredients

- 1 c. King Arthur unbleached bread flour
- 2 c. King Arthur whole wheat flour
- ½ c. rolled oats, quick or regular
- ½ c. unsalted sunflower seeds
- ¼ c. toasted wheat germ
- ¼ c. flax seed meal
- 3 tbsp. sesame seeds
- 1 tbsp. wheat gluten
- 1 tbsp. instant milk powder
- 1 pkg. yeast
- 1 tsp. salt
- 2 tbsp. brown sugar
- 2 tbsp. canola oil
- 1⅓ c. plus 2 tbsp. water

**1** Prepare bread machine. (Put in dough mixer blade, set settings on 1½ pound whole wheat loaf, etc.) Put oil, brown sugar, and water in the loaf pan.

**2** In a separate bowl, mix together all remaining ingredients EXCEPT flax seed meal and yeast.

**3** Carefully pour mixture on top of water in loaf pan. Poke a hole in the top of the flour mixture (don't go all the way to the water!) and pour yeast into the hole.

**4** Start machine.

**5** When the machine is about 3-5 minutes from the end of the first knead cycle, pour in the flax seed meal. Let machine continue until bread is done.

**6** Remove from pan and cool on a rack to room temperature before wrapping.

# Nettie Johnson writes:

Nettie Johnson
Records Management Coordinator

Records Administration
TSTC System

*Sharing this recipe brings back happy memories of the long ago, summer holiday celebration barbeques with family and friends. I may invite a few people over and start cooking again. Not!*

*It's mainly because of the people who work here that I like working at TSTC.*

# Fake Baked Beans

Nettie Johnson
Records Management Coordinator

Records Administration
TSTC System

## Ingredients

- 3 cans pork & beans, any brand
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 1 c. barbeque sauce

**1** Mix all the ingredients together in a medium loaf pan.

**2** Bake in the oven for 30-40 minutes at 350 degrees.

**3** Stir occasionally; beans are ready when the onion and pepper are cooked. Don't let the beans get dried out!

*For a really great flavor, put everything in an ugly pot (no top) and place on the barbeque grill while your meat is cooking.*

## Charlene Canaris writes:

Charlene Canaris
Administrative Assistant

System Support
TSTC System

*This is easy and great to have on a cold evening. It's not readily available here in Texas but it's a favorite in the Northeast.*

*I've really enjoyed the times I've been able to put a face to name by meeting the person I've dealt with. (In the office a phone call or email to someone is usually our main method of communicating.) It's the best way to make good friends. Specifically, I met Jamie Todd at NISOD where we hung around and got to know each other. Today if I give Jamie a call it's like we were back hanging around at NISOD. It's great!!*

# French Onion Soup

Charlene Canaris
Administrative Assistant

System Support
TSTC System

## Ingredients

- 2 tbsp. margarine or butter
- 1 bay leaf
- 6 slices French bread, toasted
- 3 c. cold water
- 1 c. Swiss cheese, shredded
- 1 can (14.5 oz.) beef broth
- ¼ c. 100% parmesan cheese, grated
- 3 large Spanish onions, peeled and sliced

1. Melt margarine in large skillet on medium heat.
2. Add onions; cook about 15 minutes or until golden brown, stirring frequently.
3. Add broth, water, and bay leaf; stir.
4. Cover; simmer 15 minutes.
5. Remove and discard bay leaf.
6. Preheat broiler.
7. Ladle hot soup evenly into 6 oven-proof bowls; top each bowl of soup with a toast slice.
8. Sprinkle evenly with cheeses.
9. Broil 5-10 minutes or until cheese is golden brown.

## Did you know ...




TSTC Marshall students receive the immediate feedback they need from instructors.

# Great Dinner Salad

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

**Ingredients**

- 1 bunch green onions, chopped
- 1 pkg. walnuts or almonds, chopped
- 1 pkg. Monterey Jack cheese, shredded
- 1 box fresh strawberries, sliced
- 1 pkg. spinach
- 1 pkg. spring mix
- Lite Done Rite raspberry vinaigrette dressing

**1** Mix salad ingredients all together and use dressing to complete.

## Did you know ...




The Student Recreation Center at
TSTC Waco allows students and employees the
opportunity to engage in a variety of activities.

# Nick's Green Tomato Pie

Nick Cram
Instructor

Biomedical Equipment Technology
TSTC Waco

## Ingredients

- pastry for double-crust 9-inch pie
- 1¾ lb. green tomatoes, thinly sliced
- 1¼ c. sugar
- 3 tbsp. all-purpose flour
- ¼ tsp. salt
- ¼ tsp. ground nutmeg
- dash of ground cloves
- 1 tbsp. plus 1 tsp. grated lemon rind
- 3 tbsp. lemon juice
- 2 tbsp. water
- 2 tbsp. butter/margarine

1 Roll half of pastry to ½ inch and place in pie plate.

2 Place green tomato slices in a shallow dish. Cover with boiling water and let stand 5 minutes. Drain and set aside.

3 Combine sugar, flour, salt, nutmeg, and cloves. In a separate bowl, combine lemon rind, lemon juice, and water.

4 In pastry shell place half of the green tomatoes, half the sugar mixture, and half the lemon mixture. Dot with half the butter. Repeat layers.

5 Use remaining pastry dough to make latticed strips over green tomato mixture. Crimp edges.

6 Bake at 425 degrees for 50 minutes.

# David Thomson writes:

David Thomson
Instructor

English
TSTC Waco

*I share this recipe with the TSTC community because first it has become a family favorite. In fact, in one sense it began our family dinners and was prominently featured at our wedding reception. It also reminds me of the true start of my education as both a poet and teacher. That I did in southern Louisiana at LSU, where I met Marc Guidry—who graciously shared with me his life-long passions for cuisine, jazz, the Crescent City in all its flavors, and the life of the mind. I call this recipe "Guidry's Sweet Sucker Dancing New Orleans Red Beans & Rice" also in honor of Charles Mingus, composer of "Sweet Sucker Dance" and my first solid collection of poetry.*

*I like working with largely non-traditional students who come first of their own accord and often in response to major life changes. One of the most rewarding experiences I've had is finding work submitted by a mother of three after she had done the night shift at one of the local law enforcement agencies. Her timely submission of the assignment announced both a commitment to her education and a work ethic few of her junior classmates possess.*

# Guidry's Sweet Sucker Dancing New Orleans Red Beans & Rice

David Thomson
Instructor

English
TSTC Waco

## Ingredients

- 3 qt. water
- 1 lb. red kidney beans
- 2 tbsp. olive oil
- 3 smoked ham hocks or 1 lb. smoked sausage
- 1 large yellow onion, diced
- 4 pods garlic, crushed
- 3 celery stalks, sliced in spoons-sized pieces
- ¼ c. celery, chopped
- 2 bay leaves
- 1 tsp. dried basil or a few leaves fresh cut like the parsley
- ½ tsp. thyme
- 1 tbsp. dried crab boil mix
- salt and cayenne pepper to taste

**1** Soak your beans overnight or bring to boil and let cool in a 6-quart cooker; you can add the bay leaf and ham hocks or link sausage at this time.

**2** In a skillet, saute your onion and celery, adding the garlic when the onion starts to brown. Add this mixture to the beans and bring all to a boil.

**3** Once boiling (when the steam rises over the pot like a thunderstorm steamed off a summer sidewalk), turn heat to a simmer and add the remaining ingredients.

**4** You'll probably wait for about 2 hours for the beans to become soft to the touch, but not yet mushy. Serve with rice and corn bread.

## Ann Moncus writes:

Ann Moncus
Department Secretary

Student Success Office
TSTC Harlingen

*My husband said if he learned how to make gravy he would be perfect. I want other husbands to be as perfect as mine.*

*TSTC Harlingen campus is an extended family of friends, working together to educate students for a better education and lifestyle.*

# Home-Style White Gravy

Ann Moncus
Department Secretary

Student Success Office
TSTC Harlingen

## Ingredients

- 2 tbsp. bacon drippings
- 2 level tbsp. flour
- 1-1½ c. milk, regular or canned
- salt & pepper

**1** In a large skillet, either iron or non-stick, stir together about 2 tablespoons of bacon drippings and 2 level tablespoons of flour.

**2** Turn fire on at a medium heat and stir the mixture until it starts to bubble. Don't let it cook too long; it will burn.

**3** Turn the heat off and stir in 1-1½ cups of milk.

**4** Keep stirring until the mixture is thick. If it isn't getting thick, turn the heat back on low for a short time. Don't let it get too thick; if it does, add more milk.

**5** Add salt and pepper to taste.

## David Kofnovec writes:

David Kofnovec
Accounting Supervisor

Comptroller's Office
TSTC System

*This recipe was prepared by family members for many meals while I was growing up. It is very cheesy. While the cornbread is warm, add butter and honey which makes the bread even more delicious.*

*I like working at TSTC because of the education we provide to the students who attend our college. We teach technical knowledge and skills that enable the students to obtain jobs to become successful in their lives.*

# Jalapeno Cornbread

David Kofnovec
Accounting Supervisor

Comptroller's Office
TSTC System

## Ingredients

2½ tsp. baking powder

1 tsp. salt

½ c. vegetable oil

5 c. grated cheddar cheese (about 1 pound)

5 c. yellow cornmeal

1½ c. creamed corn

½ c. chopped white onion

⅓ c. sliced jalapeno peppers

6 tbsp. sugar

2 eggs

2⅓ c. milk

**1** Preheat oven to 375 degrees. In large mixing bowl, combine baking powder and salt, and add vegetable oil. Add remaining ingredients in order given. Mix thoroughly, but do not over mix or cornbread will be tough.

**2** Pour mixture into greased 9x13 baking pan. Bake approximately 1 hour, but start checking at 45 minutes. Bread is done when knife blade inserted in center comes out clean.

**3** To prepare ahead, mix all ingredients except baking powder. Cover and refrigerate. The next day, add baking powder and bake.

*Serves 10.*

## Did you know ...



It's not all work and no play for students at TSTC Marshall.

# Janet's Broccoli Cornbread

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

- 1 pkg. frozen broccoli, chopped
- 1 stick melted oleo
- ⅔ c. milk
- 2 boxes Jiffy cornbread mix
- 12 oz. small curd cottage cheese
- 4 eggs, slightly beaten
- 1 medium onion, chopped

**1** Beat eggs slightly, then add milk and stir more.

**2** Pour in 2 boxes of Jiffy and mix well. Then add the melted butter to this mix.

**3** Add the 12-ounce small cottage cheese and stir.

**4** Then fold in the chopped medium onion and the frozen broccoli, thawed and drained.

**5** Butter muffin tins or a pan and pour mixture into it.

**6** Cook at 400 degrees until brown or about 30 minutes.

## Did you know ...



Today's students at TSTC Marshall
are creating the blueprints of the future.

# Janet's Potato Casserole

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

- 2 lb. frozen hash brown potatoes
- 1 stick butter or margarine, melted
- ½ c. green onions (tops & bottoms) chopped
- 1 can mushroom soup
- 16 oz. sour cream
- 1 c. cheddar cheese, shredded

**1** Mix all together and bake at 350 degrees in a casserole dish for 1-1½ hours.

## Alexis Neumann writes:

Alexis Neumann
Executive Assistant to the President

President's Office
TSTC Waco

*After hours of making my own yeast rolls, I happened upon Sister Schubert's. They are the closest thing I have found to fresh and homemade.*

# Quick & Easy Yeast Rolls

Alexis Neumann
Executive Assistant to the President

President's Office
TSTC Waco

## Ingredients

1 pan of Sister Schubert's rolls (best if bought on sale)

1 Remove pan from freezer.

2 Remove plastic wrap and cover with foil.

3 Follow directions on bag.

4 Peel rolls apart and dispose of tin.

5 Tell everyone how hard you worked.

## Did you know ...




Students at TSTC Marshall learn proper safety protocols.

# Roseville Tomato Pie

Suzanne Carter
Dean of Enrollment Management

Enrollment Management
TSTC Marshall

## Ingredients

- 1 can biscuits
- 1 ripe tomato
- Italian seasoning
- ½ c. Monterey Jack cheese, shredded
- ½ c. colby cheese, shredded
- Salad Supreme
- 1 c. real mayonnaise
- parmesan cheese
- butter

1. Flatten each biscuit and brush with melted butter.
2. Sprinkle with Italian seasoning and top each biscuit with a ¼-inch thick tomato slice.
3. Sprinkle with Salad Supreme.
4. Mix cheeses and mayonnaise and put 1 teaspoon of the mixture on each biscuit.
5. Sprinkle with parmesan cheese, and then lightly sprinkle with Salad Supreme.
6. Bake at 375 degrees until the crust is done.

## David Meine writes:

David Meine
Special Projects Coordinator (retired)
Instructional Administration
TSTC Waco

*This will go good with almost anything, especially with pork, sausage, or hot dogs.*

*The satisfaction of being a part of improving lives is why I liked working at TSTC. Also, the job always provided a challenge in an ever-changing work environment. My best experience has been the evolution of the campus from an air base to an attractive college campus.*

# Sauerkraut Salad

David Meine
Special Projects Coordinator (retired)
Instructional Administration
TSTC Waco

## Ingredients

- 1 can (1 lb.) sauerkraut, rinsed & chopped
- 1 can (4 oz.) pimentos, drained & chopped
- 1 c. onion, chopped
- 1 c. green onion, chopped
- ½ c. vinegar
- ½ c. sugar
- 1 tbsp. dill seed

**1** Combine all ingredients, mix well.

**2** Refrigerate at least 12 hours in tightly covered container. Will keep for several days. Serve cold.

## Did you know ...



At TSTC Marshall students receive the training to control their futures.

# Sausage Stuffed Mushrooms

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

1 lb. pork sausage

1 bunch fresh parsley

fresh garlic

1 c. cheddar cheese, shredded

1 lb. large fresh mushrooms

**1** Wash mushrooms and pat dry. Remove and chop stems.

**2** Brown the sausage until done, and then drain grease.

**3** Add 3-4 chopped garlic pods, mushroom stems, and ½ cup of the chopped fresh parsley.

**4** After that is mixed well, add 1 cup of shredded cheddar.

**5** Let this mix and melt well.

**6** Stuff each mushroom cap with mixture.

**7** Bake about 20 minutes at 350 degrees.

## Josephine Saldivar writes:

Josephine Saldivar
Department Secretary

Job Placement
TSTC Harlingen

*I chose this recipe to honor my husband because he does most of the cooking at the house. He is the one who came up with the recipe, and it is a favorite at our house. It is a delicious and filling side dish.*

*I started out at TSTC Harlingen as a work-study student. As I familiarized myself with the campus and personnel, I knew this was the place I wanted to work once I graduated. I love my job because I am here to assist the students. It is very rewarding when a student comes in to the office to thank me because he/she was able to get the job they so desperately needed. All it takes is listening to the student and giving them a few pointers on how to sell themselves when applying for a job.*

# Spicy BBQ Beans

Josephine Saldivar
Department Secretary

Job Placement
TSTC Harlingen

## Ingredients

- 1 gallon Ranch Style beans
- 2 cans corned beef
- 2 small cans Herdez Mexican salsa
- whole jalapenos (optional)

**1** Pour the beans in a stock pot. (If you want your beans a bit soupy, then after you pour out the beans, fill the same can with about ¾ water and pour it in.)

**2** Chop up the corned beef and mix it in with the beans along with the Herdez Mexican salsa. For extra spicy barbeque beans, mix in whole jalapenos.

**3** Heat it up and serve as a side dish with grilled chicken or fajitas.

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

*This is a good recipe to use for kids who "hate" spinach. My kids liked this and would eat it without complaining!*

# Caroline's Spinach Casserole

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

## Ingredients

- 2 pkg. (10 oz.) frozen spinach, chopped, cooked, & drained
- 8 oz. cream cheese, softened
- 1 envelope onion soup mix
- ½ c. margarine, melted
- ⅓ c. dry bread crumbs

**1** Place spinach, cream cheese, soup mix, and ¼ cup margarine in a greased casserole dish.

**2** Mix well.

**3** Mix remaining margarine with bread crumbs. Sprinkle over spinach.

**4** Bake in a preheated 350 degree oven for 25 minutes.

*Serves 6.*

## Arden Thelin writes:

Arden Thelin
Department Secretary
Webmaster Technology
TSTC Waco

*This recipe is from a friend and is handy when you need to feed a crowd.*

# Arden's Spinach Casserole

Arden Thelin
Department Secretary

Webmaster Technology
TSTC Waco

**Ingredients**

2 pkg. frozen spinach, chopped, thawed, & well drained

1 lb. ground beef (or pork sausage), browned

1½ c. mozzarella cheese, shredded

¼ c. parmesan cheese, grated

1 can cream of celery soup

¼ c. Italian seasoned bread crumbs

**1** Mix ½ cup mozzarella, all the parmesan, and bread crumbs in a small bowl.

**2** Set aside.

**3** Mix remaining ingredients and put into a well buttered casserole dish.

**4** Bake at 375 degrees for 20 minutes and sprinkle cheese-crumb mixture on top.

**5** Put in the broiler until brown.

## April Falkner writes:

April Falkner
Programmer/Analyst

Educational Effectiveness
TSTC System

*This is my family's favorite sweet potato recipe. We have it every Thanksgiving holiday.*

*I enjoy working with great people at TSTC. I have had the opportunity to work on several challenging projects. My best experiences have been working on these projects with great people.*

# Sweet Potato Casserole

April Falkner
Programmer/Analyst

Educational Effectiveness
TSTC System

## Ingredients

- 1 large can sweet potatoes or 4 medium sweet potatoes, baked
- ¾ stick margarine
- 2 eggs
- 2 tsp. cinnamon
- 1 c. milk
- ½ c. sugar or Splenda
- 2 tbsp. flour

## Topping:

- ½ stick margarine
- ½ c. brown sugar
- 1 c. cereal flakes, crushed
- ½ c. pecans

1. Mix together sweet potatoes and next 6 ingredients with mixer.
2. Pour in a 9x13 pan sprayed with cooking spray.
3. Bake at 400 degrees for 30-35 minutes until firm.
4. Mix topping ingredients.
5. Spread over casserole.
6. Bake until brown, about 10 minutes.

## Bess Tucker writes:

Bess Tucker
Department Secretary
Math
TSTC Waco

*This is really delicious and easy to prepare.*

# Tater Casserole

Bess Tucker
Department Secretary

Math
TSTC Waco

## Ingredients

½ c. butter, melted
2 lb. frozen hash brown potatoes
1 tsp. salt
1 can cream of chicken soup
¼ tsp. pepper
2 c. cheddar cheese, grated
1 pt. sour cream
½ c. onion, chopped
½ c. celery, chopped

## Topping

2 c. potato chips, crushed
½ c. butter, melted

**1** Defrost potatoes.

**2** Combine melted butter, salt, pepper, soup, and sour cream.

**3** Mix hash browns with onion, celery, and cheese.

**4** Mix in soup mixture.

**5** Pour into a greased 9x12 casserole dish.

## Topping

**1** Mix butter and chips.

**2** Sprinkle on top of casserole.

**3** Bake in a 350 degree oven for 45 minutes or until topping is golden brown.

*Makes 16 servings.*

## Diana L. Sphar writes:

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

*This is a great recipe for winter. Once the prep work is done the soup can simmer until you are ready to serve. All you have to do at mealtime is toast the flour tortillas. My husband and I make a lot during the winter. He's the real cook, but even I can make a great tortilla soup with this recipe. I've never tasted a better tortilla soup.*

# Texas Tortilla Chicken Soup

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

## Ingredients

- 2 tbsp. butter
- 2 tbsp. olive oil
- 1 onion, chopped
- 1 fresh jalapeno, seeded and chopped
- 4 garlic cloves, minced
- 2 large carrots, diced
- 6 ribs celery, diced
- 1 lb. raw chicken, diced
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. pepper
- 3 tsp. bottled liquid hot red pepper sauce
- 1 can (14 oz.) tomatoes
- 1 can (14 oz.) corn or cut the kernels off four fresh ears of corn
- 4 cans (10.5 oz.) chicken broth
- fresh flour or corn tortillas or tortilla chips
- juice of lime & cilantro

**1** Heat butter and oil in a large non-stick skillet and saute onion, jalapeno, garlic, carrots, and celery until onion is translucent.

**2** Mix cumin, chili powder, salt, and hot pepper sauce into vegetables and stir well.

**3** Remove vegetables and brown chicken.

**4** Place vegetables and chicken into a large kettle and add tomatoes and chicken stock. Simmer 1 hour.

**5** To serve, pour into bowls, squeeze juice of ¼ lime over soup and sprinkle with grated cheese and chopped cilantro. Serve with toasted tortilla wedges.

## Thadea Corkill writes:

Thadea Corkill — Economic & Workforce Development/Industrial Training
Assistant Coordinator — TSTC Harlingen

*I chose this recipe because it is different. I've tried it several times when entertaining groups of friends and relatives. You will either like it or dislike it. It is tart because of the lime juice. I call it Mexican Slaw because it has several of the ingredients used with Mexican food appetizers. It is also a healthy side dish. The olive oil takes the place of mayonnaise, used in more traditional cole slaw recipes. It is definitely not for the individual who prefers "sweet slaws." Mashed avocados mixed in provide another good variation.*

*I'm very new to TSTC. I love working here primarily because of the kind and generous nature and willingness to work of the people I've met thus far. I have many challenges in my current position and I enjoy working in this mode. I also deal with the public and private industry, therefore having the privilege of meeting lots of wonderful people.*

# Thadea's Mexican Slaw

Thadea Corkill
Assistant Coordinator
Economic & Workforce Development/Industrial Training
TSTC Harlingen

## Ingredients

- ½ large cabbage, shredded
- ¼ c. extra virgin olive oil
- 1 large carrot, shredded
- 1 tbsp. coarse salt (to taste)
- ½ bundle cilantro, chopped
- ½ tbsp. coarse ground pepper (to taste)
- 2-4 large jalapenos, finely chopped
- ½ tsp. ground comino
- ½ c. lime juice, fresh squeezed

*Options:*

*1-2 avocados (may be added to slaw)*

1. Mix cabbage, carrots, cilantro, and jalapenos.
2. Incorporate lime juice and olive oil.
3. Season with salt, pepper, and comino.
4. Chill, serve, and enjoy.

## César M. Caro writes:

César M. Caro
Program Chair/Associate Professor
Computer Network Systems & Administration
TSTC West Texas Sweetwater

*This is a simple recipe from the island of Puerto Rico which can be served as a snack or side dish. Enhance with your favorite seasoning or sauce. Tostones may be served with ketchup (kids' favorite), with your favorite seasoning (garlic, adobo, etc.), or with your own special sauce.*

# Tostones de Platano (Fried Green Raw Plantains)

César M. Caro
Program Chair/Associate Professor
Computer Network Systems & Administration
TSTC West Texas Sweetwater

## Ingredients

3-4 green plantains

oil for frying

garlic powder or Adobo seasoning salt

**1** Peel the green plantains under running water. This is to prevent staining your hands. Green plantains will not peel as easily as ripe ones. The water will also help the peeling process.

**2** At a 45-degree angle to the plantain, cut into 1-inch slices.

**3** Place in a bowl of water to prevent them from turning brown.

**4** In a deep fryer or frying pan, heat 1½ inches of vegetable oil to approximately 325 degrees.

**5** Remove the plantains from water, placing them in a bowl with paper towels. Remove as much water from them before placing them in the hot oil. If you don't dry them off well, the oil will splatter.

**6** Cook in oil until they are firm. Approximately 3 minutes. Remove from the oil and let them cool off.

*Cont. next page*

# Tostones de Platano (Fried Green Raw Plantains) cont.

César M. Caro
Program Chair/Associate Professor
Computer Network Systems & Administration
TSTC West Texas Sweetwater

**7** Now you must flatten them. In Puerto Rico we use a "tostonera" to flatten them; if a tostonera is not available insert the pieces between a folded piece of brown-paper sack and press down using a saucer or the palms of your hands. Press all the pieces first before going on the next step.

**8** Dip each flattened piece in warm salted water (to taste) and fry them again until they are crispy (golden brown).

**9** Drain on paper towel and serve warm.

# Yellow Squash Casserole Dressing

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

**Ingredients**

1 pkg. Mexican (cornbread) mix

2 c. yellow squash, cooked

1 onion, chopped and cooked together with squash, drained & mashed

1 stick oleo

1 can cream of chicken soup

2 eggs

1 chicken bouillon cube & chicken base

¼ c. hot water

**1** Bake cornbread and crumble in bowl.

**2** Add squash, onion, and melted oleo to cornbread mixture.

**3** Add soup, bouillon cube, and dissolve in hot water.

**4** Fold in eggs.

**5** Bake in casserole dish at 350 degrees for 30 minutes. Use 13x9 Pyrex dish.

# ENTREES



## Rich Morris writes:

Rich Morris
Associate Vice Chancellor
Human & Organization Development
TSTC System

*It is easy to fix and can feed a lot of people.*

*I came to TSTC in hopes of making a difference.*

# Breakfast Casserole

Rich Morris
Associate Vice Chancellor
Human & Organization Development
TSTC System

## Ingredients

- 8 slices of stale bread (I substitute a package of frozen hash brown potato cubes.)
- ½ c. butter
- 2 c. sharp cheese, grated
- 1 can (4 oz.) green chilies, chopped
- ½ c. green onions, chopped
- 8 slices Canadian bacon, quartered (I used mild pork sausage.)
- 8 eggs, beaten
- 2½ c. milk
- ½ c. half & half
- ½ tsp. salt
- ¼ tsp. cayenne pepper
- ¼ tsp. dry mustard

**1** Preheat oven to 325 degrees.

**2** Lightly grease 13x9 glass baking pan.

**3** Trim crusts off bread. Butter one side; cut into cubes; layer bread, cheese, chilies, green onion, and Canadian bacon.

**4** Mix beaten eggs, milk, half and half, salt, cayenne pepper, and dry mustard.

**5** Pour over layered ingredients in pan.

**6** Bake uncovered for 45 minutes.

*This can be made ahead and refrigerated before baking.*

*For a vegetarian casserole, leave out the meat but add one chopped green pepper.*

## Dennis Althoff writes:

Dennis Althoff
Senior Instructor

Computer Science Technology
TSTC Harlingen

*Instead of the usual "deer caught in headlights" look, I like seeing the light bulb come "ON" when a student finally gets it.*

# 3 Bean Chili

Dennis Althoff
Senior Instructor

Computer Science Technology
TSTC Harlingen

## Ingredients

2 lb. lean, ground round hamburger (or ground turkey)

1 can (16 oz.) pinto beans

1 can (16 oz.) navy beans (or small Great Northern white beans)

1 can (16 oz.) black beans

1 can (16 oz.) diced tomatoes

1 large onion, diced, (Divide into one ¾ piece & one ¼ piece.)

1 tbsp. garlic powder

3 tbsp. chili powder

3 tbsp. olive oil

4 jalapeno (or 2 habanero) peppers, adjust for personal taste.

salt & pepper (personal taste)

**1** Brown the meat in oil with the chili powder, garlic powder, ¾ onion, and salt and pepper; for healthier and less spicy flavor, drain and discard the liquid.

**2** In a blender, add the ¼ onion and chili peppers; and liquefy.

**3** Drain the beans, then place all ingredients in a slow cooker (crock pot), stir, and set for slow cook (6-8 hours) or fast cook (3-5 hours). Stir occasionally. If more liquid is desired, add beer, wine, or water.

**4** Serve with crackers or garlic bread, and with/without grated cheese.

## Did you know ...




TSTC Waco offers one of the only nanotechnology programs in the country.

# 5-Hour Stew

Cherrie McBratney
Regional Admissions Advisor D/FW
Marketing & College Relations
TSTC Waco

**Ingredients**

- 1 small onion, chopped
- 1½ lb. boneless round steak, cut in 1-inch cubes
- 5 medium potatoes, pared & cut in ⅛'s
- 2 c. baby carrots
- 1 c. celery, sliced & cut in ½-inch pieces
- 2 cans (14 oz.) stewed tomatoes
- 1 small can tomato sauce
- ¼ c. quick cooking rice
- 1 tbsp. sugar
- 1¼ tsp. salt
- season with your favorite spices, salt and pepper
- 3 beef bouillon cubes (or 1 can beef broth, zero fat)

**1** I suggest you brown the onion in beef broth, and add your seasonings of choice, brown beef.

**2** Combine all ingredients in a Dutch oven kettle. Mix gently. Cover.

**3** Bake at 275 degrees for 5 hours.

**4** Let cool for 5 minutes before serving.

## Did you know ...



Making fine calibrations is the hallmark of a well-trained technician.

# Beef Tips & Rice

Ingrid Spencer
Accounting Assistant II

Student Accounting
TSTC West Texas Sweetwater

## Ingredients

- 1-2 lb. beef sirloin tip, cut into 1-inch cubes
- 2 tbsp. vegetable oil
- 1 clove garlic, minced
- ¼ tsp. onion powder
- 1 can (14 oz.) beef broth
- ⅓ c. burgundy wine or cranberry juice cocktail
- 2 tbsp. soy sauce
- ¼ c. water
- 2 tbsp. cornstarch
- 4 c. rice, hot cooked

**1** Brown beef on all sides in oil. Add next 5 ingredients.

**2** Heat to boiling. Reduce heat; simmer covered for 1 hour or until beef is tender.

**3** Blend cornstarch and water in a cup; stir slowly into beef mixture.

**4** Cook until gravy thickens and boils for 1 minute, stirring constantly. Serve over rice.

*Makes 6 servings.*

## Did you know ...



The Industrial Technology Center at TSTC Waco is home to several different programs offered by the college.

# Beer-Batter Fish Tacos

Phil Poulter
Instructor

English
TSTC Waco

**Ingredients**

2 c. flour

1 can (12 oz.) cheap beer

1 tbsp. lemon pepper

1 tsp. garlic powder

1 lb. white fish (tilapia, flounder)

canola oil

corn tortillas

1 c. chopped lettuce

pico de gallo (tomato, onion, garlic, jalapeno, cilantro)

**1** Combine the first 4 ingredients in a bowl for your batter.

**2** Slice the fish into cubes an inch or so long, and cover in batter.

**3** Place the fish into about a ½ inch of hot oil and saute until gold and crisp.

**4** After straining the fish on paper towels, serve on warm corn tortillas with lettuce and pico de gallo.

## Did you know ...



TSTC Waco President Elton Stuckly Jr. and his wife Peggy greet President George Bush at the Waco campus airport.

# Chicken Casserole

Elton E. Stuckly, Jr.
President

President's Office
TSTC Waco

**Ingredients**

2 c. chicken, cooked

1 can cream of mushroom soup

1 soup can milk

1 can cream of chicken soup

1 can chopped green chilies, drained

1 onion, chopped & sauteed lightly

½ c. bell pepper, chopped & sauteed lightly

1 large bag Doritos chips, crushed

longhorn cheddar cheese, grated

**1** Mix all ingredients together except chips and cheese.

**2** Layer mixture and chips in oven safe dish. Top with grated cheese.

**3** Bake uncovered at 350 degrees until bubbly.

## Dana Strauch writes:

Dana Strauch
Colleague Systems Administrator/Programmer
Educational Effectiveness
TSTC System

*I like working at TSTC because of the work that I do and the people that I work with. Working where I do allows me to work with all campuses which is a great experience.*

# Chicken Enchiladas

Dana Strauch
Colleague Systems Administrator/Programmer
Educational Effectiveness
TSTC System

## Ingredients

- 4 lb. skinless, boneless chicken breasts
- 6-7 cans (10 oz.) Old El Paso green enchilada sauce
- 1 white onion, diced finely
- 1 can (3.8 oz.) sliced black olives
- 2 pkg. grated Mexican cheese
- 12-14 tortillas (soft taco size)

**1** Simmer the chicken in enchilada sauce until the chicken can be shredded using two forks.

**2** Put the shredded chicken on a large plate and ladle enough sauce onto it to make it moist throughout. (Don't use enough to have the meat standing in sauce.)

**3** Ladle enough sauce onto a clean plate to cover its surface.

**4** Moisten both sides of a tortilla on the plate.

**5** Place a generous amount of chicken on the tortilla.

**6** Add olives, raw diced onion, cheese and roll the mixture in the tortilla.

**7** Place the enchilada in a baking dish (ladle a bit of the enchilada sauce in the baking dish before adding the enchiladas).

**8** Pour some of the remaining sauce on top of the enchiladas and sprinkle cheese on top (you can also add onions and olives on top, if desired).

*Cont. next page*

# Chicken Enchiladas (cont.)

Dana Strauch
Colleague Systems Administrator/Programmer
Educational Effectiveness
TSTC System

**9** Bake the enchilada at 325 degrees until the cheese is melted and the enchiladas are heated through; this usually takes around 20-25 minutes (watch them!).

*To make beef enchiladas:*

*The beef enchiladas are made the same way with the following substitutions:*

*Substitute London broil in place of chicken and Old El Paso red enchilada sauce in place of the green sauce.*

# Chicken Spaghetti

Kay Kidd
Staff Assistant
Career Planning & Placement
TSTC West Texas Sweetwater

## Ingredients

- 1 pkg. (12 oz.) spaghetti
- 1 c. sliced mushrooms
- ¼ c. chopped onion
- 4-5 c. cooked chicken, cubed
- ¼ c. green pepper, chopped
- ¾ lb. Velveeta cheese, cubed
- 1 small jar chopped pimentos
- 1 can cream of mushroom soup
- butter
- 1 can cream of chicken soup
- garlic powder
- 1 can chicken broth
- salt & pepper to taste

**1** Cook spaghetti according to package directions.

**2** Saute onion, peppers, and mushrooms in a small amount of garlic and butter.

**3** Combine all ingredients in a large pot.

**4** Heat 10 minutes or until desired thickness or place in a 13x9 baking dish at 350 degrees until hot and bubbly.

## Did you know ...




A diploma at graduation is the
payoff for this TSTC graduate.

# Cowboy Stew

Troy Williamson
Associate Chair/Senior Instructor
General Education/Philosophy & Mathematics
TSTC West Texas Abilene

## Ingredients

- 1 lb. ground meat (beef, turkey, or a combination will work)
- 1 jar (8-12 oz.) picante sauce
- 1 can whole kernel corn, drained
- 8 oz. grated cheese (colby jack works best, but others/mixtures work well too)

**1** Brown the ground meat in a skillet.

**2** Add the picante sauce and corn and simmer.

**3** Add cheese and stir until the cheese is melted.

**4** Serve over cornbread. (Can be served over tortilla chips as well.)

## Did you know ...



Accomplishments do not go unrecognized at TSTC.

# Creole Gumbo

Jason Nicholas
Instructor

Computer Information Technology
TSTC West Texas Brownwood

## Ingredients

- 1 lb. medium shrimp, peeled & de-veined
- ½ c. all-purpose flour
- 1 c. chicken broth
- 1 (3 lb.) whole chicken
- 1 onion, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 1 tbsp. parsley
- 1 tbsp. garlic salt
- 1 pkg. Tony's creole seasoning
- ½ tbsp. cayenne pepper, ground
- 1 Dungeness crab
- 1 lb. Chappell Hill or Orpah's beef sausage, diced

**1** Select a skillet, black iron preferred.

**2** Add 2 tablespoons of oil to the pot, and heat over medium-high heat.

**3** Using a long-handled spoon, stir in flour; cook and stir for several minutes until dark brown. At that point, the flour suddenly puffs and absorbs the oil.

**4** Select a large stock pot capable of holding all the ingredients and add onions, celery, parsley, garlic, red pepper, chicken meat, shrimp broth, crab meat, sausage, shrimp, and the seasoning.

**5** Fill the pot up, 2 inches from the top, with water.

**6** Stir the brown flour in from the bottom of the pot.

**7** Boil for about 1½ hours, and then simmer for 30 minutes.

**8** Season to taste for desired results.

**9** Serve over rice. It tastes better the second day.

## Beverly Frields writes:

Beverly Frields
Accountant

Finance & Accounting
TSTC System

*I chose this recipe because I got it from a very dear friend who is a fabulous cook and my family enjoys it.*

# Creole Shrimp

Beverly Frields
Accountant

Finance & Accounting
TSTC System

## Ingredients

- ¼ c. butter or margarine
- 1 large onion, chopped
- 1 large garlic bud, chopped
- ½ c. green pepper, chopped
- ½ c. celery, chopped
- 2 tbsp. flour
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ tsp. red pepper
- 4 small green onions, chopped
- 3½ c. tomatoes (or 2½ cans)
- ½ c. water
- 1 lb. cleaned shrimp

**1** Melt butter in skillet, saute onion, garlic, bell pepper, and celery until onion is lightly browned.

**2** Blend in flour.

**3** Add all remaining ingredients except shrimp. Mix well.

**4** Cover and simmer for 20 minutes.

**5** Stir in shrimp.

**6** Cover and cook 10 minutes longer.

**7** Serve over hot rice.

*Optional:*
*Can also add 1 teaspoon of dried parsley to mixture.*

## Did you know ...



Air Conditioning & Refrigeration Technology
students at TSTC learn by working
on the equipment they'll see in the field.

# Crock Pot Beef & Gravy

Carrie Gayeske
Director

Human Resources
TSTC Waco

## Ingredients

- 3-4 lb. boneless steak (round steak, sirloin, and/or stew meat all work well)
- 1 can cream of mushroom soup
- 1 pkg. dry onion soup mix
- 2 c. water (more or less, depending on how much gravy you want)

1. Place steak in crock pot.
2. Spread mushroom soup evenly over meat.
3. Sprinkle dry onion soup mix over the mushroom soup.
4. Gently pour water over dry soup mix to dissolve seasoning.
5. Turn crock pot to low setting and cook for 10-12 hours.

## Did you know ...



Culinary Arts students at TSTC West Texas are learning to be the chefs of the future.

# Gingerbread Pancakes

Kandace Arrott
Program Chair

Culinary Arts
TSTC West Texas Sweetwater

## Ingredients

- 2 eggs
- 4 tbsp. brown sugar
- ½ c. buttermilk
- ½ c. decaf coffee
- ½ c. water
- 2 tsp. cinnamon
- 2 tsp. ginger
- 2 tsp. nutmeg
- ½ tsp. cloves
- 2 c. flour
- 4 tbsp. margarine, melted
- 3 tsp. baking powder
- 2 tsp. baking soda

**1** Mix eggs, sugar, buttermilk, coffee, water, spices, and flour.

**2** Add margarine. Mix just until blended.

**3** Add baking powder and baking soda. Mix just until blended.

**4** Heat skillet over medium heat. Pour batter in skillet to desired size.

**5** Cook on one side until bubbles appear on the top. Flip. Heat other side until cooked through.

**6** Repeat with remaining batter.

## Did you know ...




Dr. J. Gilbert Leal welcomes Gov. George Bush to the TSTC Harlingen campus in the early 1990s.

# Grandma's Kolaches

Patrick Bauer
Program Chair
Culinary Arts
TSTC Harlingen

## Ingredients

### Bread:

- 2 pkg. active dry yeast
- ½ c. warm water (105-115 degrees)
- 1 tsp. salt
- ⅔ c. butter or margarine, softened
- 4 egg yolks or 2 eggs
- 4½-5 c. all-purpose or unbleached flour (If using self-rising flour, omit salt.)
- ½ c. sugar

### Apricot filling:

- 1¾ c. dried apricots
- ½ c. sugar
- 1 tbsp. grated lemon peel
- ¼ tsp. allspice
- 1 tbsp. lemon juice

### Streusel topping:

- ⅔ c. all-purpose flour
- 5 tbsp. butter; softened
- ⅔ c. light brown sugar
- 2 tsp. cinnamon

### Bread:

**1** Dissolve yeast in warm water in a large mixing bowl. Stir in milk, sugar, salt, egg yolks, butter, and 2 cups of the flour. Beat until smooth. Stir in enough remaining flour to make dough easy to handle.

**2** Turn dough onto lightly floured surface; knead until smooth and elastic, about 5 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1½ hours. (Dough is ready if an indentation remains when touched.)

**3** Punch down dough; divide into 24 equal parts. Shape each part into a smooth ball, tucking edge under so it resembles a mushroom cap. Place 12 balls about 2 inches apart on each of 2 greased baking sheets.

**4** Make depression in center of each ball with fingers by pushing outward toward edge, leaving ½-inch ridge around outside of circle. Fill with about 1 tablespoon filling. Let rise until double, about 30 minutes.

*Cont. next page*

# Grandma's Kolaches (cont.)

Patrick Bauer
Program Chair
Culinary Arts
TSTC Harlingen

**5** Heat oven to 350 degrees. Bake until kolaches are light brown, 15-18 minutes.

**6** Top with streusel topping.

### Apricot filling:

**1** Simmer apricots in enough water to cover until tender, about 30 minutes. Drain; finely chop fruit. Mix in remaining ingredients; cool.

### Streusel topping:

**1** Blend all ingredients with a fork.

*Makes 2 dozen kolaches.*

# High Protein Pancakes

Nancy Treadwell
Instructor

General Education
TSTC West Texas Sweetwater

## Ingredients

- 1 c. cream-style cottage cheese
- 4 eggs
- ½ c. flour
- ¼ tsp. salt
- ¼ c. oil
- ½ c. milk
- ½ tsp. vanilla

1. Put all ingredients into blender.
2. Whirl 1 minute on high.
3. Cook on preheated griddle.

*Serves 3 as a main dish.*

## Susan Griffin writes:

Susan Griffin
Instructor
Developmental Reading, Writing, & PLATO
TSTC West Texas Brownwood

*As I was growing up, this was one of my mother's favorite recipes, and, as you can see, this serving is for a family of eight. I did come from a big family, and we all had a hearty appetite.*

*The people at TSTC West Texas Brownwood have been wonderful and supportive. I really do love the time we all spend together at Christmas and the exchanging of gifts with our secret pal.*

# Irish Pot Roast

Susan Griffin
Instructor

Developmental Reading, Writing, & PLATO
TSTC West Texas Brownwood

## Ingredients

- 5 lb. boneless pot roast
- 1 pinch thyme
- 3 tbsp. vegetable oil
- 5 potatoes, peeled & cut in large pieces
- ¼ c. flour
- 2 stalks leek, chopped or two small onions
- 1 c. beef broth

1 Brown roast in hot oil in a large pan.

2 Remove roast from pan; add flour to drippings; cook until light brown.

3 Add beef broth and thyme; cook until thickened.

4 Return roast to pan; add potatoes and leeks. Cook until roast is tender.

5 Remove roast; slice and place on platter.

6 Surround with potatoes and leeks; garnish with parsley if desired.

*Serves 8.*

## Did you know ...




Cutting-edge information and technology
are key elements of instruction at TSTC Waco.

# Carliss' Mexican Casserole (aka "Looks bad, tastes good!")

Carliss Hyde
Director

External Resource Development
TSTC Waco

## Ingredients

- 2 lb. lean ground beef
- 1 large onion, chopped
- 1 can mushroom soup
- 1 can cream of chicken soup
- 1 can (10 oz.) Rotel tomatoes
- 1 can (15 oz.) Ranch Style beans
- 1 pkg. flour tortillas
- Velveeta cheese

1 Brown the meat and the onion and drain.

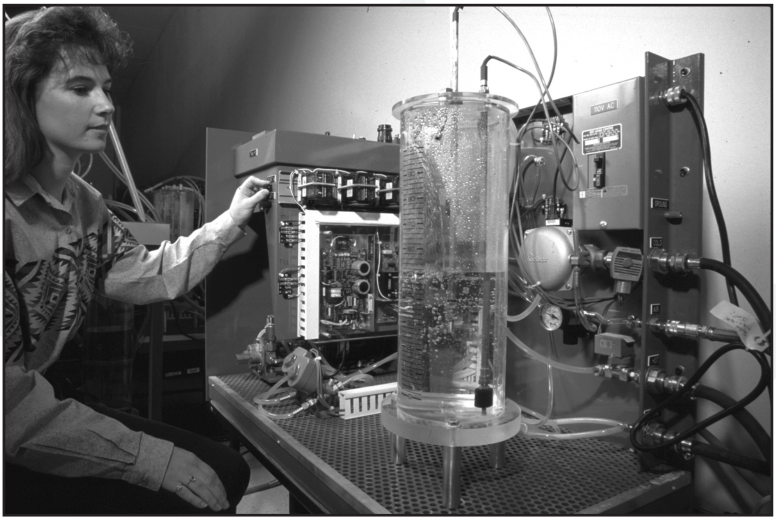
2 Add Rotel, undrained beans, and soups. Mix and simmer for 10 minutes.

3 Tear tortillas and layer with meat sauce in a 13x9x2 pan, ending with meat sauce on top (this is sort of a Mexican lasagna).

4 Cover the top with ½-inch pieces of Velveeta.

5 Bake for 30-40 minutes at 300 degrees.

# Did you know ...



At TSTC Waco students learn their skills by using the equipment they will see on the job.

# Tami's Mexican Casserole

Tami Nehring
Secretary

Computer/Graphics Cluster
TSTC Waco

## Ingredients

- corn tortillas
- 1 lb. ground meat
- 1 can mushroom soup
- 1 can Ranch Style beans
- 1 can Rotel tomatoes with green chilies
- ¼ c. onion, chopped very fine
- cheddar cheese

1 Preheat oven to 350 degrees. Spray bottom and sides of 13x9 pan.

2 Brown ground meat; drain off the excess grease and return to a low heat.

3 Add onions, salt, and pepper.

4 Stir in mushroom soup, beans, and Rotel tomatoes. Let simmer.

5 Cut corn tortillas into quarters and line the sides and bottom of pan.

6 Put ground meat mixture on top of the tortillas until they are all covered.

7 Cut additional tortillas into quarters to cover the top of the meat mixture.

8 Cover all of this with a layer of cheddar cheese.

9 Bake until all the cheese is melted.

## Dr. J. Gilbert Leal writes:

Dr. J. Gilbert Leal
President

President's Office
TSTC Harlingen

*I am usually the breakfast maker in my family. This recipe has been a big hit with my family for years, as my mother used to make this for me when I was growing up. This recipe brings back fond memories of when I was a child and it also seems to be a winner with my grandkids.*

# Migas Rancheras Con Huevo & Queso

Dr. J. Gilbert Leal
President

President's Office
TSTC Harlingen

## Ingredients

- 4 eggs
- 4 corn tortillas, torn into bite-size pieces
- 2 tbsp. corn oil
- ⅓ c. green pepper (poblano pepper preferred)
- ⅓ c. tomatoes diced
- ⅓ c. onion, diced
- ½ c. cheddar cheese, shredded

**1** In skillet heat oil and fry bite-size tortilla pieces until crisp. Remove tortilla chips from pan and set aside.

**2** In same pan saute onion, peppers, and tomatoes until soft. Return tortilla chips to pan and add scrambled eggs.

**3** Cook over medium heat until eggs are cooked but glossy and moist.

**4** Remove pan from heat and sprinkle shredded cheese over egg mixture and cover with pan lid for 2 or 3 minutes until cheese melts.

*Eat immediately while warm and enjoy! Hot sauce may be added if desired.*

## Did you know ...



Women are recurited for all programs at TSTC.

# Nacho Mix

Trish Haigood
Program Chair/Associate Professor
Computer Information Technology
TSTC West Texas Sweetwater

## Ingredients

2 lb. ground beef

1 onion

1 tsp. minced garlic or some garlic powder

1 can Rotel tomatoes

2 cans refried beans

1 small can chopped green chilies

1 can Campbell's cheddar cheese soup or Campbell's nacho cheese soup

*Options:*

*1 envelope of dry taco seasoning; or a little chili powder*

*specialty refried beans with picante sauce or with green chilies instead of plain*

*black beans instead of refried*

**1** Brown ground beef with chopped onion and season with salt and pepper.

**2** Add Rotel tomatoes, refried beans, and chilies.

**3** Cook and stir until heated through.

**4** Add soup, but do not add the water.

**5** If a little stiff, add enough water to get the consistency you desire.

**6** Serve over tortilla chips.

*Really almost anything works – if you don't add the soup, you can top the nachos with melted cheese queso (Velveeta with hot sauce) or shredded cheddar.*

## Wayne Blinka writes:

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

*These take a while to make, but each one is a quick and easy lunch during the week. You can put in almost any vegetables you like. The flour and cornstarch thicken the juices so the pastaritos are less messy.*

# Pastaritos (păs tərē' tōs)

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

### Ingredients

- 2 medium turnips, diced
- 1 medium onion, chopped
- 1 medium carrot, diced
- 3 medium potatoes, cubed ¾ inch
- 6 cloves garlic, minced
- 1 medium cauliflower, in flowerets
- 1 green bell pepper, chopped
- 6-8 white mushrooms, sliced
- 6-8 green onions, chopped
- 1 small zucchini or yellow squash, sliced
- 1 pkg. firm tofu, cubed
- ½ c. frozen green beans, in 1-inch lengths
- 2 tbsp. spicy mustard (Grey Poupon or equivalent)
- 2 vegetarian bouillon cubes
- ⅓ c. parsley flakes
- 2 tbsp. corn starch

*Cont. next page*

**1** Sift flour and cornstarch together.

**2** In a 3-quart microwavable casserole dish microwave turnip for 3 minutes. Add onion, carrot, potato and garlic, with one bouillon cube (chopped).

**3** Mix in half of the flour/cornstarch mixture, cover and microwave on high until turnip and potatoes are done, about 18 minutes.

**4** In another 3-quart microwavable casserole dish layer the cauliflower, bell pepper, and mushrooms. Mix in the remaining cornstarch and flour mixture. Add the green onions, zucchini, tofu, and beans. Top with mustard and remaining bouillon cube. Salt and pepper to taste. Cover and microwave on high until cauliflower is done, about 18 minutes.

**5** Mix the two casseroles together. Moisten a tortilla with water (from a spray bottle) and heat it on a hot skillet until soft.

*Cont. next page*

# Pastaritos (pǎs tərē' tōs) cont.

Wayne Blinka
Software Integration Specialist

Software Support Services
TSTC Waco

**Ingredients (cont.)**

⅓ c. flour

salt & ground pepper to taste

8-10 oz. cheddar cheese, grated

12-16 (10 inch) flour tortillas

**6** Spoon about 1 cup of the vegetables onto the tortilla. Sprinkle about 2 tablespoons of grated cheese over the vegetables. Fold tortilla across filling, then fold in the sides and roll up to make a burrito shape.

**7** Eat immediately, or cool on rack, then wrap in waxed paper to freeze.

# Poor Man's Filet Mignon

Carrie Gayeske
Director

Human Resources
TSTC Waco

## Ingredients

2 lb. ground meat

8 strips bacon

salt, pepper, or other seasonings

**1** Shape meat into 8 patties approximately ½-¾ inches thick.

**2** Wrap 1 strip bacon around each patty, overlapping bacon ends and fastening them by sticking a toothpick through bacon ends and into the patty.

**3** Place patties on broiler pan 3-4 inches from heat.

**4** Broil, turning once, until meat has reached desired doneness.

**5** Remove toothpicks before serving.

*Note: Seasonings may be added to meat* ***before*** *or* ***after*** *cooking.*

## Did you know ...



Network security is a field gaining more and more importance in today's world.

# Quick & Easy Sausage Stir Fry Over Rice

Ashley Nutt
Accounting Assistant II

Business Office
TSTC Marshall

**Ingredients**

1 pkg. Eckrich sausage, sliced

1 c. Worchestshire sauce

1 tbsp. lemon juice

½ large yellow onion, sliced

2 green bell peppers, sliced (yellow or red peppers are optional)

salt & pepper

long grain rice (any rice will do)

**1** In a large skillet put sausage, Worchestshire sauce, sliced onion, lemon juice, sliced bell peppers all together.

**2** Let simmer for about 30 minutes or until the onions and bell peppers are soft and sausage is done.

**3** While the sausage and other ingredients are cooking, cook your rice. Cook the rice by the instructions on the back of package.

**4** After you have cooked the rice and the sausage pour all ingredients over the rice and serve.

## Brenda Bajer writes:

Brenda Bajer
Office Manager

HOT Tech-Prep
TSTC Waco

*This was the first dish I prepared for the man who would become my husband. It continues to be one of his favorites. It is also a great meal on a cold day, or for a large group of people, such as a gathering for watching a football game.*

*I really enjoy working here because of the camaraderie I have experienced thus far. One of the best experiences I've had reoccurs every time President Stuckly addresses the faculty and staff, whether as a group or individually, and expresses his gratitude "for all you do for TSTC." His sincerity is quite heartfelt and I don't think employees can ever hear those kinds of positive things often enough.*

# Sauce Piquante (Pecan)

Brenda Bajer
Office Manager

HOT Tech-Prep
TSTC Waco

## Ingredients

- 1 stalk celery, 8-10 ribs, chopped
- 3 medium onions, peeled and chopped
- 3 large green bell peppers, seeded and chopped
- 1 can (32 oz.) tomato juice
- 3-4 tbsp. cajun seasoning (I prefer Tony's Cacharel.)
- cayenne pepper to taste (USE WITH EXTREME CAUTION, a little goes a long way.)
- white rice
- 2 lb. smoked sausage (Kielbasa); **OR**
- 1-1½ lb. beef, lean, such as roast, cut into 1-inch cubes; **OR**
- 4 large boneless, skinless chicken breasts, cut into 1-inch cubes; **OR**
- 1-1½ lb. shrimp, peeled and de-veined

**1** Place first 5 ingredients (and cayenne if desired) into a large stock pot.

**2** Bring to a boil.

**3** If using beef or chicken, add to pot after beginning to boil.

**4** Cook until celery is tender, approximately 30-40 minutes.

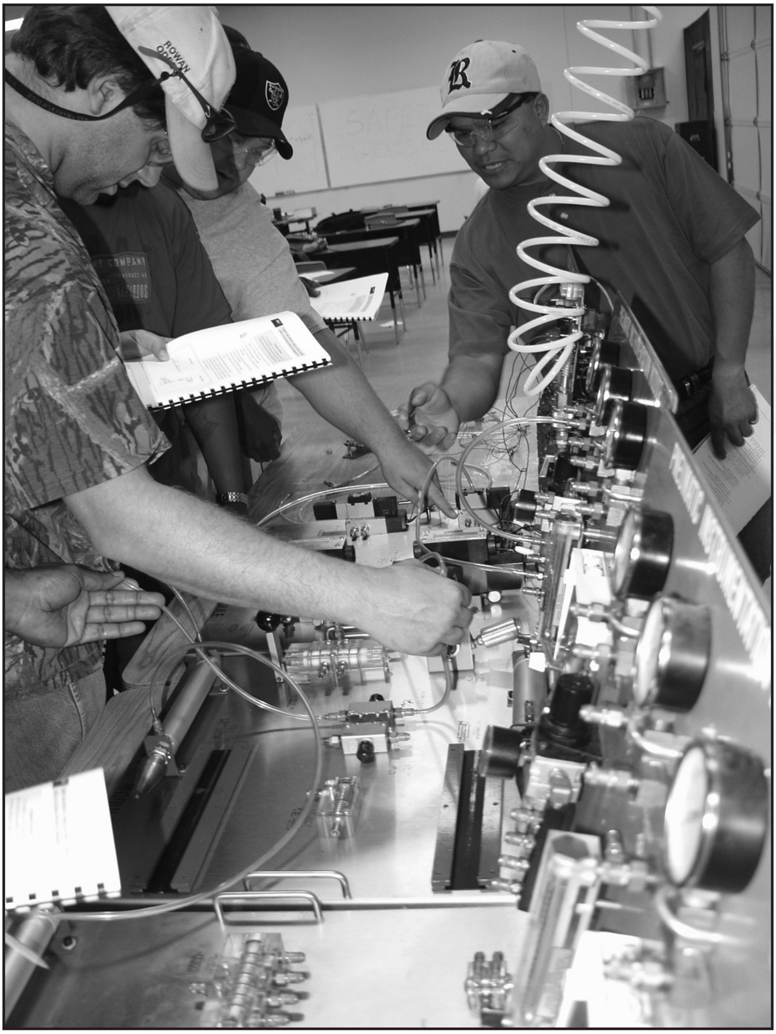
**5** If using shrimp or sausage, add after celery is tender and cook 4-5 minutes longer, just until shrimp is pink (sausage is fully cooked).

**6** Serve over white rice.

*Serves 6-8 people.*

*I serve this with garlic cheese bread.*

## Did you know ...



Hands-on experience is an integral part of instruction at TSTC Marshall.

# Sausage & Stuffing Filled Artichokes

Victoria Speir Lynn — Computer Integrated Manufacturing/Software Engineering
Administrative Assistant/Instructor — TSTC Marshall

## Ingredients

- 6 medium-to-large artichokes, top ⅓ removed, leaf tips trimmed & rinsed
- 3 lemons, cut in half
- 1 roll (16 oz.) pork sausage
- 2 c. yellow onions, chopped
- ¼ c. garlic, minced
- ½ tbsp. oregano
- 4 c. dry stuffing mix
- ¼ c. extra-virgin olive oil
- ¼ c. plus 2 tbsp. fresh lemon juice
- 1 tbsp. salt
- ½ c. melted butter

**1** Fill a large pot ¾ full with water. Add 1 tablespoon of salt and bring to a boil.

**2** Rub the cut sides and bottoms of the artichokes with the lemon wedges. Squeeze the juice from the lemons into the boiling water. Add the artichokes and lemon wedges.

**3** Weight the artichokes down with a heavy dish or bowl, and simmer, partially covered, until the bottoms are tender and can be pierced with a sharp knife and an outer leaf pulls out easily (about 15-18 minutes).

**4** Save ⅓ cup of the cooking liquid for the sauce and ½ cup for the stuffing. Drain the artichokes upside down in a colander.

**5** Cook the sausage in a medium skillet over medium-high heat, stirring, until browned, 4-5 minutes.

**6** Add the onions to the pan and cook, stirring, until soft, about 4 minutes.

*Cont. next page*

# Sausage & Stuffing Filled Artichokes (cont.)

Victoria Speir Lynn — Computer Integrated Manufacturing/Software Engineering
Administrative Assistant/Instructor — TSTC Marshall

**7** Add the garlic, oregano, and cook, stirring, for 1 minute. Remove from the heat and let sit until cool enough to handle.

**8** Preheat the oven to 400 degrees.

**9** When the artichokes are cool enough to handle, gently press back the center leaves so the inner choke and prickly leaves are revealed. Pull out the cone of undeveloped white leaves in the center and gently scrape out the hairy choke with a spoon so as not to damage the heart.

**10** In a large bowl combine the stuffing mix, ¼ cup of olive oil, ½ cup of cooking liquid, and 2 tablespoons of lemon juice. Mix well and let sit 2 minutes for stuffing mix to soften.

**11** Add the cooled sausage mixture. Adjust the seasoning, to taste.

**12** In a bowl whisk together the remaining ¼ cup of lemon juice, the reserved ⅓ cup of artichoke cooking liquid, and ½ cup of melted butter.

**13** Gently pull the artichoke leaves outward to make space between the leaves.

*Cont. next page*

# Sausage & Stuffing Filled Artichokes (cont.)

Victoria Speir Lynn — Computer Integrated Manufacturing/Software Engineering
Administrative Assistant/Instructor — TSTC Marshall

**14** Fill these gaps and the center with the sausage/stuffing mixture, pushing down to pack lightly.

**15** Place the artichokes in a large baking dish and drizzle the tops with the butter sauce, reserving any remaining sauce for dipping.

**16** Bake uncovered until the bread crumbs develop a nice golden brown crust, 10-15 minutes.

**17** Remove the artichokes from the oven and let cool slightly before serving.

**18** To serve, arrange the artichokes on a large platter or 6 individual plates.

**19** Dip the bases of the leaves and the heart in the butter sauce while eating, if desired.

## Did you know ...




A drafting lab from the early years at TSTC Waco.

# Star's Hot Wings

Michael Huneke
Instructor
Automotive Technology
TSTC Waco

**Ingredients**

**Wings:**

1 c. corn starch

1 c. Frank's red hot sauce

**Sauce:**

1 c. Frank's red hot sauce

1 c. brown sugar

**Wings**

1 Mix corn starch and Frank's red hot sauce.

2 Coat chicken wings in batter and fry in skillet until juices run clear.

3 Coat with sauce and serve.

**Sauce**

1 Mix hot sauce and brown sugar in saucepan.

2 Cook and bring to simmer.

## Did you know ...




Students aren't afraid to get their hands dirty in order to learn at TSTC Waco.

# Steak & Fideo

Lorie R. Greenrock
Administrative Secretary

Instruction
TSTC West Texas Brownwood

## Ingredients

- 1 lb. tenderized round steak, cubed
- 2 boxes (5 oz.) Q & Q fideo vermicelli noodles
- 2 cans (8 oz.) tomato sauce
- 6-7 rings of an onion
- 4-5 potatoes, cubed
- 1 cube chicken bouillon
- 2 jalapeno peppers (cut into quarters)
- salt, pepper, & garlic powder to taste
- tortillas

**1** In a frying pan with approximately a ½ cup of oil covering the bottom, lightly brown the cubed potatoes with onions.

**2** While the potatoes are draining, lightly brown the cubed tenderized round steak with the onions. Once steak is brown, remove and drain.

**3** Add fideo noodles to oil, and lightly brown those. Drain oil from pan.

**4** Combine remaining ingredients along with two 8-ounce cans of hot water into pan. Bring to a boil, then cover and turn heat down to simmer, stirring occasionally. Simmer about 30-40 minutes or until water is gone. Excellent served with warmed up tortillas!

## Did you know ...



TSTC Harlingen Dental Assistant
students practice passing instruments in lab.

# Stuffed Bell Peppers

Keribeth Simmons
Accounting Assistant III
Student Accounting/Bookstore/VA Certifying Official
TSTC West Texas Brownwood

## Ingredients

- 2 lb. hamburger
- 5-6 medium bell peppers
- 2 c. Minute rice
- 1 large can crushed tomatoes
- 1 can tomato paste (optional)
- ½-¾ c. Velveeta cheese
- 2 c. mild cheddar cheese (shredded)
- 3 c. water
- salt & pepper

1. Brown hamburger meat and drain.
2. Add rice, tomatoes, and approximately 3 cups of water.
3. Simmer until rice is tender.
4. Cube Velveeta and add to meat mixture.
5. Simmer until cheese melts and salt and pepper to taste.
6. While cooking meat mixture, halve the bell peppers and clean the seeds out.
7. Lightly salt the inside of each bell pepper shell and cook in the oven at 325 degrees until meat mixture is ready.
8. Drain peppers and fill with meat mixture.
9. Cover bell peppers with shredded cheddar cheese and place back in the oven for 15-20 minutes or until cheese is melted.

## Greta Bane Hecker writes:

Greta Bane Hecker
Professional Development Officer

Human Resources
TSTC Waco

*Taco Soup is my family's favorite meal on a cold or rainy day. It is also quick and easy to prepare. The leftovers are also a welcome meal.*

*I feel that God has given me a purpose by placing me here at TSTC Waco. I enjoy working for the faculty, staff, and students. The commencement ceremony is my favorite time. It warms my heart to see the students and their families celebrate their accomplishments. Graduation is just the beginning to a new life for the students and the family they love and support.*

# Taco Soup

Greta Bane Hecker
Professional Development Officer
Human Resources
TSTC Waco

## Ingredients

- 1 can ranch beans
- 1 can golden hominy
- 1 can kidney beans
- 1 can black eyed peas
- 1 can Rotel tomatoes with green chilies
- 1 pkg. dry ranch dressing mix
- 1 lb. ground beef
- 1 pkg. taco mix
- 1 can water (more water added for desired soup consistence)

*Optional:*

*grated cheese*
*tortilla chips*
*crackers*

1. In a skillet, brown ground beef and follow taco mix instructions for taco meat.
2. In large pot, add all cans of beans, taco meat, and Rotel. Do not drain water from cans.
3. Heat to low boil and reduce heat.
4. Simmer for 30 minutes.
5. Mix in package of dry ranch dressing mix.
6. Simmer 10 minutes and serve.

*Can be served with grated cheese on top. Can also be served with tortilla chips or crackers.*

## Susanne Parrish writes:

Susanne Parrish
Coordinator of Programs

HOT Tech-Prep
TSTC Waco

*My mom quickly pulled together all the ingredients for chalupas to feed a hungry crowd of kids (big kids, too!). The ingredients aren't exotic and can be kept on hand. Chalupas are a requirement when all the nieces, nephews, and relatives visit.*

*TSTC Waco is a "can-do" place to work. TSTC employees are positive with student success a campus-wide goal.*

# Anna K.'s Uvalde Chalupas

Susanne Parrish
Coordinator of Programs

HOT Tech-Prep
TSTC Waco

## Ingredients

- 1 lb. lean hamburger
- 1 pkg. dry taco seasoning
- ¾-1 c. water
- 1 small onion, chopped
- 1 large can refried beans, regular or vegetarian
- 8 precooked chalupa shells
- spray cooking oil
- garlic salt, if desired
- lettuce, shredded
- tomatoes, chopped
- cheese, grated

*Optional:*

- *green or red bell pepper, chopped*
- *salsa*
- *sour cream*

**1** Brown hamburger meat until all pink is gone. Drain any excess fat.

**2** Sprinkle dry taco seasoning mix over meat followed by amount of water on package directions.

**3** Stir until thoroughly mixed. Simmer. Stir occasionally.

**4** Spray medium to large pot with cooking oil. Add refried beans to the pot and heat on medium. Stir to prevent sticking. Add garlic salt to taste if desired. Reduce heat once warmed.

**5** Cover pot with lid to keep refried beans warm. Do not overcook.

**6** On a cookie sheet, toast chalupa shells in the oven following the directions on the package. Do not burn! This does not take long.

**7** Spread each chalupa shell with refried beans, cheese, then chili (taco meat). Add toppings. Serves 4 and guests can prepare their plates buffet style. Can easily be doubled.

## Susan Stone writes:

Susan Stone
Accountant

Comptroller's Office
TSTC System

*I chose this recipe because it's a great "Working Mom" meal. The ingredients are things that you usually have in the house and the prep time is short.*

*The best thing about working at TSTC is the friendly environment. In fact, this recipe was given to me by a co-worker who thought it was a "family-friendly meal!"*

# Beef Taco Bake

Susan Stone
Accountant

Comptroller's Office
TSTC System

**Ingredients**

1 lb. ground beef

1 can (10¾ oz.) Campbell's tomato soup

1 c. Pace chunky salsa or picante sauce

½ c. milk

6 (8-inch) flour tortillas cut into 1-inch pieces

1 c. cheddar cheese, shredded

**1** Brown beef in skillet and drain.

**2** Add soup, salsa, milk, tortillas, and half of the cheese.

**3** Spoon into 9x13 casserole dish and cover. Bake at 400 degrees for 30 minutes.

**4** Sprinkle with remaining cheese and serve.

## Jeff Ermoian writes:

Jeff Ermoian
Instructor
Media Communication & Information Technology
TSTC Waco

*This recipe is easy, fast, and really cheap. It feeds up to six people for less than a dollar per person. We all like to save money, but I am not willing to eat cardboard to do it. This is a pleasant change from the usual taco.*

*I enjoy working for TSTC because of the opportunities it gives me to make a difference in the lives of young people. In my short time as an instructor, I have already been nominated for Instructor of the Year in a letter that began, "Mr. Ermoian made me reevaluate the direction of my life." Wow, that's why we're here. What a great reward!*

# Black-Eyed Pea Tacos

Jeff Ermoian
Instructor
Media Communication & Information Technology
TSTC Waco

## Ingredients

- 1 pkg. (25 count) corn tortillas
- 2 cans black-eyed peas
- salt (to taste)
- 4-5 tbsp. bacon grease
- ½ tsp. ground cumin
- ½ lb. medium cheddar or colby cheese, shredded
- Tabasco or picante sauce to taste

1. Heat a heavy iron skillet to medium high heat.
2. Drain liquid off black-eyed peas and reserve, put 2 tablespoons of bacon grease in skillet with peas.
3. Fry lightly and mash into paste with fork, adding liquid as needed.
4. Use cumin to season peas and remove to bowl.
5. Rinse skillet clean and reheat to medium high heat.
6. Place a few drops of grease onto each tortilla and use another tortilla to spread it around, leaving greased sides touching.
7. Place tortillas singly into skillet, greased side down.
8. Immediately add a few spoonfuls of black-eyed peas and shredded cheese to the center of the tortilla and fold in half.
9. Continue frying until crisp on both sides.
10. Serve hot with Tabasco sauce or picante.

## Diana L. Sphar writes:

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

*I fell in love with this recipe many years ago. It's wonderful for those times when fresh corn is readily available. It is well worth the effort and I have never tasted anything like it.*

*I have been blessed to work in a very creative and demanding environment with other people who genuinely enjoy what they do.*

# Chicken Maque Choux

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

## Ingredients

- ¼ c. flour
- 3 tsp. salt
- ¼ tsp. thyme
- ¼ c. vegetable oil
- 3 c. onion, chopped
- 1 tsp. ground pepper
- ⅔ c. green bell pepper, chopped
- ½ tsp. fresh basil, chopped
- 2 large tomatoes, coarsely chopped
- 3½-4 c. fresh corn, cut from the cob
- 3 lb. boneless, skinless chicken breasts
- 2 tbsp. cream or milk (plus extra if needed)
- milk from 5-6 cobs of corn (use the dull side of the knife to squeeze the milk from the cobs)

1 Trim chicken breasts and cut them into small cubes.

2 In a heavy pot, heat oil over medium heat.

3 Lightly dust chicken pieces with flour, shaking off excess.

4 Brown the chicken in the oil, turning frequently so it will cook evenly.

5 When it is evenly golden brown, reduce heat and add the corn and cream. Mix, then add remaining ingredients.

6 Cook over low heat for 30-40 minutes or until the chicken is very tender, stirring occasionally to prevent sticking.

7 If it seems too thick when the chicken is done, stir in 2-3 tablespoons more milk.

8 Serve in wide soup bowls with spoons.

*Makes 6 to 8 servings.*

## Eliska Flores writes:

Eliska Flores
Associate Vice President/Associate Vice Chancellor
Marketing & Communications
TSTC Waco/System

*I prepared this recipe for an office Thanksgiving party and was asked to share it, and have heard that it has been shared and shared beyond that. So I figured, why not let everyone have it? Most people who like chicken 'n dumplings only know of the longer, more complex way of making the recipe. I like this one because it doesn't require hours in the kitchen.*

*TSTC is an amazing place to work. We have such diversity in program offerings throughout the state which helps us to go home at night knowing that we are making a difference in the lives of individuals, businesses, and the state as a whole. Not many people can say that about their job!*

# Chicken 'N Dumplings

Eliska Flores
Associate Vice President/Associate Vice Chancellor
Marketing & Communications
TSTC Waco/System

**Ingredients**

- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 can chicken broth soup
- 1 can evaporated milk
- 1 bag (4 lb.) boneless skinless chicken tenders
- 1 pkg. chicken gravy mix
- 1 can flaky biscuits

**1** Mix soups and milk and heat thoroughly.

**2** Remove 1 cup of soup mixture and add chicken gravy mix.

**3** Stir until mixture is smooth.

**4** Pour gravy back into the soup mixture.

**5** Cook chicken separately and cut into bite-size pieces.

**6** Place cooked chicken into soup mixture.

**7** Cut biscuit dough into quarters and drop into the mixture.

**8** Heat for approximately 10 minutes or until dumpling consistency is as you like it.

## Deborah L. Sanders writes:

Deborah L. Sanders
Dean of Financial Services

Business Office
Marshall

*This is one of my most requested dishes.*

# Deborah's Chicken Spaghetti

Deborah L. Sanders
Dean of Financial Services
Business Office
Marshall

**Ingredients**

1 pkg. (12 oz.) spaghetti
½ c. celery, chopped
2 chicken breasts
½ c. butter
2 c. cheddar cheese
1 can cream of mushroom soup
1 small onion, chopped
1 can cream of chicken soup
1 bell pepper, chopped
1 can Rotel tomatoes
1 can chicken broth

1 Boil chicken breasts, cool, and cut into bite-size chunks.

2 Saute onion, bell pepper, and celery in butter.

3 Combine sauteed vegetables, soups, tomatoes, and chicken broth and simmer.

4 Cook spaghetti according to package directions.

5 After spaghetti is cooked, combine all ingredients and mix well.

6 Please in a greased baking dish and bake at 375 for 20 minutes.

7 Top with cheese and bake an additional 10 minutes.

## Shela Tidwell writes:

Shela Tidwell
Programmer/Analyst II

Administrative Software Support
TSTC System

*This recipe was given to me at a Tidwell Family reunion. I'm not sure about the number of servings but it makes a BUNCH.*

*My husband and I were not blessed with children. In the past 35+ years of working at TSTC, I feel that in some small way I've been able to assist in the education of the children of others.*

# Shela's Chicken Spaghetti

Shela Tidwell
Programmer/Analyst II
Administrative Software Support
TSTC System

## Ingredients

- 2 whole chickens
- 1 tsp. oregano
- ½ tsp. garlic salt
- 1 large onion, chopped
- 1 large green pepper, chopped
- 1 large can tomatoes, cut up
- 1 can sliced carrots, drained
- 1 jar mushrooms, sliced
- 2 cans cream of mushroom soup
- 1 large pkg. spaghetti
- 2 lb. Velveeta cheese (optional)

**1** Boil chicken until tender. Set aside broth for spaghetti.

**2** Skin and bone chicken and cut into bite-size pieces.

**3** Saute onion and green pepper in some of the broth in a Dutch oven or large skillet. Add soup, tomatoes, carrots, mushrooms and chicken. Let this simmer on low while spaghetti cooks.

**4** Add spaghetti to chicken mixture. Cook on low until well seasoned, about 10 minutes.

**5** Add broth as necessary to keep from getting too dry.

**6** If cheese is desired, cut cheese into small cubes, add to chicken and spaghetti mixture.

**7** Continue to cook on low until cheese is melted.

## Adrian ("Len") Pawelek writes:

Adrian ("Len") Pawelek
Chef/Instructor
Culinary Arts
TSTC Waco

*I recently taught a class on Native Texan Cooking, and being a Native Texan myself, I felt it was important to utilize all locally grown ingredients. Texas is a virtual smorgasbord of sights, sounds, and cultures, and I am proud to call it home.*

*The reason I enjoy working at TSTC is the family atmosphere among the staff and students. To borrow a well-known phrase, "It truly is a home away from home." Everyone is friendly, helpful, and dedicated to providing and experiencing all that TSTC has to offer.*

# Stuffed Chicken Breast with Raspberry Chipotle Sauce

Adrian ("Len") Pawelek
Chef/Instructor

Culinary Arts
TSTC Waco

## Ingredients

### Stuffing:

- 8 oz. chorizo sausage, casing removed
- 2 tbsp. olive oil
- 3 large cloves garlic, minced
- 1 lb. spinach, stems removed, washed & dried
- 1 c. pecans, toasted, coarsely chopped
- 1 apple, diced
- kosher salt
- black pepper, freshly ground
- 4 oz. mozzarella or pepper jack cheese, grated

### Chicken:

- 4 large boneless, skinless chicken breasts
- kosher salt
- black pepper, freshly ground
- cotton kitchen twine

*Cont. next page*

**1** Cook the chorizo in a skillet until 165 degrees or done. Be sure to break up any lumps. Remove from pan and drain well on paper towels. Set aside to cool.

**2** Heat the oil in a saute pan (after removing excess chorizo grease) over medium heat. Add the garlic and cook gently for 15-20 seconds, being careful not to let it color.

**3** Add the spinach in on top of it. Cook, stirring quickly, because the spinach will cook down rapidly. Add apples and saute for 3 minutes, add pecans. Season with salt and pepper. Continue to cook for about 1 minute, then remove from the heat and spread out on a cookie sheet to cool.

**4** When cool, transfer to a mixing bowl and gently combine with the chorizo and cheese. Taste and adjust the seasoning if necessary.

**5** Cover the chicken breasts, one at a time, with a sheet of plastic wrap and gently pound to a thickness of a ½ inch. Season with salt and pepper.

*Cont. next page*

# Stuffed Chicken Breast with Raspberry Chipotle Sauce (cont.)

Adrian ("Len") Pawelek
Chef/Culinary Arts Instructor

Culinary Arts
TSTC Waco

**Ingredients (cont.)**

**Raspberry Chipotle Sauce:**

- 1 c. fresh raspberries or frozen unsweetened raspberries, thawed
- 2 tbsp. sugar
- ¼ c. ruby port
- 1 whole chipotle chile in adobo, canned, drained

**6** Place ¼ of the cooled prepared filling in the center of each breast. Roll and wrap breast, folding edges underneath. Tie with cotton twine, once around lengthwise and several times widthwise. Place seam side down in oven pan. Set aside and repeat with the other 3 breasts.

**7** Bake in 350-degree oven until internal temperature is 165 degrees. Remove from oven to cool slightly.

**8** In a small saucepan, combine sauce ingredients and bring to a simmer. Stir occasionally, until sugar is dissolved. In a blender or food processor, puree sauce and strain through a fine sieve into a bowl. Keep warm.

**9** Remove the twine from chicken, and then slice chicken into ½-inch rounds. Fan the chicken in front of desired side dishes. Place a pool of sauce in front of the chicken. Serve this entree with pureed sweet potatoes, orange-jicama slaw, and/or grilled asparagus.

# Hamburger Corn Pone Pie

Richard Moore
Coordinator HR Technology Services
Human & Organization Development
TSTC System

## Ingredients

- 1 lb. ground meat
- ½ c. onion, chopped
- 1 tbsp. shortening
- 2 tsp. chili powder
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- 1 c. canned tomatoes
- 1 c. kidney beans, drained
- 1 c. corn bread batter (I use Jiffy corn bread mix)

**1** Brown meat and chopped onions in melted shortening. Add seasonings and tomatoes. Cover and simmer over low heat for 15 minutes, then add kidney beans.

**2** Pour meat mixture into a greased 1-1½ quart casserole or other baking dish of same capacity. Top with corn bread and spread carefully with knife.

**3** Bake in hot oven at 425 degrees for 20 minutes.

*It's delicious! ENJOY!!*

## Francette Carnahan writes:

Francette Carnahan
Vice Chancellor
Educational Effectiveness
TSTC System

*This is a fast and easy recipe and everyone loves it. It's hearty and I find that when I serve it, everyone has a good time . . . it's great for family reunions, church socials, or just a simple family meal.*

*My best experience has been working with great cross-college teams in implementing Release 16 of Colleague software. I was able to meet a lot of folks system-wide and see them really come together for the good of everyone. Many of the relationships formed during that experience are still in place today and make TSTC a great place to be!*

# Easy Mexican Chicken

Francette Carnahan
Vice Chancellor
Educational Effectiveness
TSTC System

## Ingredients

- 1 rotisserie chicken
- 2 cans cream of chicken soup
- 1 large can evaporated milk
- 1 can (4 oz.) chopped green chilies
- 1 large onion, chopped
- 2 pkg. Mexican cheese, grated (or 4 c. Monterey Jack cheese, grated)
- 1 pkg. corn tortillas
- non-stick cooking spray (Pam, etc.)
- paprika

**1** Remove meat from rotisserie chicken, cut into bite-size pieces and set aside.

**2** In a large saucepan, combine cream of chicken soup, evaporated milk, chilies, and chopped onion. Stir until mixed thoroughly. Add cut-up chicken and heat until mixture just barely boils.

**3** Spray the bottom and sides of a 9x12 casserole dish with cooking oil.

**4** Tear tortillas and line the bottom of the dish with the tortillas. Add a layer of the chicken mixture (about half), then a layer of shredded cheese. Repeat with another layer of torn tortillas, the remaining chicken mixture, topping off with a layer of shredded cheese.

**5** Lightly sprinkle the top with paprika.

**6** Bake at 300 degrees for 30 minutes or until casserole bubbles.

*Suggested side dish: green salad with tortilla chips in lieu of bread.*

## Linda Norman writes:

Linda Norman
Senior Secretary

Institutional Effectiveness, Research & Planning
TSTC Waco

*The reason I chose this recipe is that it is a simple, delicious one-dish meal that you can add a vegetable with to make a complete meal.*

*I love working at TSTC because my job offers diversity in the types of work I do and also allows me to work with other great TSTC Waco employees and students.*

# Green Chili Chicken Enchiladas

Linda Norman
Senior Secretary
Institutional Effectiveness, Research & Planning
TSTC Waco

## Ingredients

- 2 large cans white chicken meat; or 1 c. fresh chicken meat (more to taste won't hurt)
- 1 can El Paso green chili sauce: add jalapeno pepper, to taste if you prefer
- 1 large jar Cheese Whiz (Low fat is available and works fine)
- 1 large can fat-free cream of mushroom soup
- 1 large onion, chopped
- 1 pkg. (24) corn tortillas
- 4 chicken bouillon cubes; or 2 tbsp. chicken broth granules; or canned chicken broth
- 1 pkg. (10 oz) colby or cheddar cheese, grated

**1** In a skillet, saute chopped onion in a small amount of cooking oil or margarine.

**2** In a saucepan heat the first 4 ingredients together until hot on low heat to make cheese sauce.

**3** Remove onion and add to sauce. In skillet sauteed onion and add 4 cups of water to bouillon cubes or granules and heat until hot. Lower heat and use tongs to dip tortillas one at a time into broth to soften them. Remove softened tortillas and line them in 9½x12 casserole dish.

**4** Cover layer of tortillas with small amount of sauce and then add another layer of softened tortillas and sauce repeating this process until you are ending with sauce on top of dish.

*Cont. next page*

# Green Chili Chicken Enchiladas (cont.)

Linda Norman
Senior Secretary

Institutional Effectiveness, Research & Planning
TSTC Waco

**5** When the dish is full of tortillas pour the remaining cheese sauce over the top and separate the tortillas from the edges of the pan with a spoon to allow the sauce to go down the sides. This will prevent them from drying out while heating them in the oven at 350 degrees for 30 minutes (if cooked immediately). If you put the dish in the refrigerator to cook them later you should heat them for 1 hour in a 350-degree oven.

**6** During the last 10 minutes of cooking sprinkle the colby or cheddar cheese on top to melt it.

# Honey's Chicken Divan

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

- 2 pkg. (10 oz.) frozen broccoli spears
- 1 large fryer chicken, boiled
- 2 cans cream of chicken soup
- ½ c. or less mayonnaise
- 1 tbsp. lemon juice
- ½ tsp. curry powder
- ½ c. cheddar cheese, shredded
- ½ c. soft bread crumbs
- 1 tbsp. butter or margarine, melted

**1** Cook broccoli in salted water until tender; drain.

**2** Put broccoli in baking dish. Place cooked chicken pieces on top of broccoli.

**3** Combine soup, mayonnaise, lemon juice, and curry powder.

**4** Pour over chicken; sprinkle with cheese.

**5** Combine bread crumbs and butter; sprinkle over all.

**6** Bake in 350-degree oven for 25-30 minutes.

*Makes 8 servings.*

## Did you know ...




Phi Theta Kappa is an important student organization at TSTC Marshall.

# Honey's Mexican Chicken Dish

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

**Ingredients**

- 1 pkg. Doritos, regular flavor
- 4 chicken breasts, boiled with a little onion & pepper
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can broth (from cooked chicken breast)
- 1 c. cheddar or Mexican cheese, grated

**1** Put Doritos in casserole dish; cut up chicken and place over Doritos.

**2** Combine soups with broth and pour over chicken. Cover with cheese.

**3** Cook at 350 degrees until bubbly.

## Did you know ...



Programs in TSTC Waco's John B. Connally Technology Center train students in the latest computer-related technologies.

# Italian Meatloaf with Sauce

Richard Wheet
Associate Professor

Chemistry
TSTC Waco

## Ingredients
## Meatloaf:

- 1 tsp. whole black pepper
- 1 tsp. cayenne pepper
- 1 tsp. chili powder
- 1 tsp. dried thyme
- 1 tsp. cumin seed
- 6 oz. bread crumbs (plain or seasoned)
- ½ onion, roughly chopped
- 1 carrot, peeled & broken
- 4 whole cloves garlic, peeled
- ½ red bell pepper
- 2 stems celery, roughly chopped
- 12 oz. ground chuck
- 12 oz. ground sirloin
- 12 oz. ground turkey
- ½ tsp. kosher salt
- 1 egg

*Cont. next page*

## Meatloaf:

**1** Heat oven to 325 degrees.

**2** In a food processor bowl, combine the bread crumbs, black pepper, cumin, cayenne pepper, chili powder, and thyme. Pulse until the mixture is a fine texture.

**3** Place this mixture into a large bowl.

**4** Combine the onion, carrot, garlic, celery and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed.

**5** Combine the vegetable mixture, ground sirloin, ground turkey, and ground chuck with the breadcrumb/ spice mixture.  The vegetables will keep the meatloaf moist during the cooking process.

**6** Season the meat mixture with the kosher salt.

**7** Add the egg and combine thoroughly, but avoid squeezing the meat.

*Cont. next page*

# Italian Meatloaf with Sauce (cont.)

Richard Wheet
Associate Professor

Chemistry
TSTC Waco

**Ingredients (cont.)**

**Sauce:**

- 1 can (28 oz.) whole fire-roasted peeled tomatoes (or diced tomatoes can be used)
- ¼ c. sherry vinegar
- ¼ c. sugar
- 1 tsp. red pepper flakes
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. cumin seed
- 1 onion
- 1 carrot
- 2 stems celery
- 2 oz. virgin olive oil
- 5 cloves garlic, minced
- 3 tbsp. capers, rinsed and drained (optional)
- ½ c. white wine
- kosher salt & black pepper to taste

**8** Pack this mixture into a 10-inch loaf pan to mold the shape of the meatloaf (or mold by hand).

**9** Turn the meatloaf out of the pan onto the center of a parchment paper-lined baking sheet (aluminum foil can be substituted).

**10** Insert a temperature probe at a 45-degree angle into the top center of the meatloaf about ½ way down. Avoid touching the bottom of the tray with the probe. Set the probe for 155 degrees.

**11** After removing from the oven, cover with aluminum foil and let rest for 10 minutes.

**Sauce:**

**1** In a sieve over a medium non-reactive sauce pot, strain the tomatoes of their juice into the sauce pot.

**2** Add the sherry vinegar, sugar, red pepper flakes, cumin, oregano, capers, and basil to the tomato juice.

*Cont. next page*

# Italian Meatloaf with Sauce (cont.)

Richard Wheet
Associate Professor

Chemistry
TSTC Waco

**3** Stir and cook over high heat. Once bubbles begin to form on the surface, reduce to a simmer.

**4** Allow liquid to reduce by ½ or until liquid has thickened to a loose syrup consistency.

**5** Squeeze each tomato thoroughly into a sieve to ensure most seeds are removed (seeds cause the sauce to be a bit bitter). Any excess juice pour into the saucepan. Set the tomatoes aside. If using diced tomatoes, this step can be omitted.

**6** Combine the onion, carrot, and celery in a food processor bowl. Pulse until the mixture is roughly chopped, but not pureed.

**7** Combine the vegetables with olive oil and saute until the onions are slightly caramelized. Add the chopped garlic and continue to saute until the garlic is slightly brown (not burnt).

**8** Add the sauteed vegetables to the saucepan and de-glaze the saute pan with the white wine. Add this to the saucepan.

*Cont. next page*

# Italian Meatloaf with Sauce (cont.)

Richard Wheet
Associate Professor
Chemistry
TSTC Waco

**9** Put the tomatoes, which were set aside, into saucepan.

**10** Bring to a boil then simmer for 30 minutes with frequent stirring.

**11** Salt and pepper to taste.

**12** Blend to desired consistency if a chunky tomato sauce is not desired.

**13** Spoon the sauce over the cooked meatloaf.

# Janet's Never Fail Brisket

Janet Allen Wells
Instructor

Developmental Education
TSTC Marshall

## Ingredients

- 1 brisket, trimmed
- 1 lemon
- 1 tbsp. dry meat tenderizer
- 1 tbsp. garlic powder
- 1 tbsp. lemon pepper
- 1 tbsp. salt
- 1-2 pkg. dried Lipton onion soup mix
- Worchestire sauce
- 1-2 cans golden mushroom soup

*Options:*
*canned mushrooms*
*new potatoes*

**1** Cut a lemon in half and rub both sides of the brisket.

**2** Combine dry meat tenderizer, garlic powder, lemon pepper and salt and rub into brisket on both sides. (I would say about a tablespoon of all.)

**3** Use 1-2 packages of dried Lipton onion soup mix and sprinkle over top of brisket.

**4** Sprinkle Worchestire sauce over top of brisket.

**5** Take 1-2 cans of golden mushroom soup and spread over all.

*Options:*
*Canned mushrooms and/or new potatoes may be added at this point.*

**6** Wrap in heavy duty aluminum foil, covering completely and tightly.

**7** Bake in a 225-degree oven for about 8-10 hours.

## Bradley Robinson writes:

Bradley Robinson
Program Maintenance Specialist

Diesel Equipment Technology
TSTC Waco

*This recipe makes the most flavorful, delicious chicken I have ever tasted! You can also customize the type of chicken. (I like chicken breasts best, but I think this marinade would be great on shrimp, fish, or beef). It only looks long and complicated. Just be sure to get all of the ingredients together first, and things will go quickly and smoothly.*

*I have only worked at TSTC for a short time, but I am from the Central Texas area and I feel like I have come home!*

# Jamaican Jerk Chicken

Bradley Robinson
Program Maintenance Specialist

Diesel Equipment Technology
TSTC Waco

## Ingredients

- 6 scallions, green only, thinly sliced
- 2 large shallots, finely minced
- 2 large cloves garlic, finely minced
- 1 tbsp. fresh ginger, finely minced
- 1 tsp. hot fresh chilies, (scotch bonnet or habanero; jalapeno if you want something a little cooler) seeded, finely chopped. Use gloves to protect hands from hot chilies!
- ½ c. rice vinegar
- ½ c. fresh orange juice
- ¼ c. soy sauce
- 2 chickens (quartered)
- ¼ c. olive oil
- ¼ c. red wine vinegar
- 1 tsp. coarse salt
- 1 tbsp. ground allspice
- ¼ tsp. cayenne pepper
- 1 tsp. ground cinnamon

*Cont. next page*

**1** In a small bowl combine scallion greens, shallots, garlic, ginger and chilies.

**2** In another bowl combine spices, salt and sugar. Mix thoroughly.

**3** Whisk in orange juice, vinegars, and soy sauce.

**4** Slowly drizzle in oil, whisking constantly.

**5** Add reserved scallion mixture, stir to combine.

**6** Let rest 1 hour.

**7** Wash chicken quarters well, pat dry, and place in bowl.

**8** Add sauce; rub in well. (Use gloves to protect hands from hot chilies).

**9** Cover and refrigerate overnight.

**10** Preheat oven to 350 degrees.

**11** Remove marinated chicken to shallow roasting pan.

**12** Pre-bake 45 minutes, turning chicken occasionally.

*Cont. next page*

# Jamaican Jerk Chicken (cont.)

Bradley Robinson
Program Maintenance Specialist
Diesel Equipment Technology
TSTC Waco

**Ingredients (cont.)**

½ tsp. ground nutmeg

1 tsp. fresh ground black pepper

1 tbsp. dark brown sugar

1 tbsp. fresh thyme or 1 tsp. dried

**13** Prepare hot coals.

**14** Grill chicken over medium heat 25-30 minutes, turning 4-5 times and dabbing with remaining marinade.

## Did you know ...



Hands-on experience is a vital part of the Building Construction program at TSTC Harlingen.

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

*This is a fairly quick recipe when you don't know what else to fix! It is good and filling.*

# King Ranch Chicken

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

## Ingredients

- 6 c. cooked chicken, chopped
- 1 can (10¾ oz.) cream of mushroom soup
- 1 can (10¾ oz.) cream of chicken broth
- 1 tsp. salt
- dash of pepper
- 1½ tsp. garlic powder
- 10 corn tortillas
- 2 c. cheddar cheese, shredded
- 1 can Rotel tomatoes

**1** Mix together mushroom soup, chicken broth, salt, pepper, garlic powder, and Rotel tomatoes until smooth.

**2** Tear each tortilla into quarters.

**3** Layer half of the tortillas in a lightly greased 2x8x2 baking dish.

**4** Add layer of chicken, soup mixture, and cheese.

**5** Continue layering until all ingredients are used.

**6** Place in oven at 350 degrees and bake for 45 minutes or until bubbly.

## Mittie Hutchins writes:

Mittie Hutchins
Director
Institutional Effectiveness, Research & Planning
TSTC Marshall

*I chose this recipe because it is my son's favorite.*

*I like working at TSTC because I love to get the phone calls from companies looking for more of our graduates because the ones they have hired previously are described as "the greatest"! Also, I enjoy the relationships I have made with both my counterparts and others on other TSTC campuses.*

# Lasagna Roll

Mittie Hutchins
Director
Institutional Effectiveness, Research & Planning
TSTC Marshall

## Ingredients

- 1 lb. ground beef
- 1 egg
- dash of pepper
- ½ tsp. oregano
- ½ lb. pork sausage
- ½ c. parmesan cheese
- 1 can (6 oz.) tomato paste
- 1 tsp. parsley
- 1 small onion, chopped
- 2 cans crescent dinner rolls
- ½ tsp. garlic powder
- 1 c. cottage cheese
- ½ tsp. basil
- ½ tsp. salt
- 2 tsp. milk
- sesame seeds (optional)
- 1 small pkg. mozzarella cheese, finely shredded

**1** Brown meat and onion. Drain. Add garlic powder, basil, oregano, parsley, salt, and pepper. Then add tomato paste, mix well, and bring to a simmer.

**2** On a cookie sheet, press the crescent rolls into one piece of dough making one long sheet of dough. Add ½ of meat mixture down the center of the dough, long and narrow.

**3** In a bowl mix the cottage cheese, egg, and parmesan cheese. Add this to the top of the meat. Then top with remaining meat mixture. Top this with mozzarella cheese. Bring the ends of the dough together on top of the loaf and pinch closed.

**4** Do the same with the ends of the dough to close up both ends. It will look like a loaf of bread.

**5** Brush the top with milk for even browning and add sesame seeds (if desired).

**6** Bake at 375 degrees for 25-30 minutes or until dough is brown.

*Serves 4.*

# Toni Borras writes:

Toni Borras
Staff Assistant

Admissions & Records
TSTC Waco

*I chose this recipe because it is a family favorite, the prep time is considerably shorter than preparing and rolling enchiladas the old-fashioned way, and it tastes great. When you work for a living, time spent in food preparation is a serious consideration; therefore, this recipe can be prepared ahead of time and stored in the refrigerator. Just pop it into the oven when you get home from work! It is filling and feeds my small army of five children and a husband who eats like a teenage boy with leftovers! (It even tastes better the second day.) Enjoy!*

*I like working at TSTC Waco because of the profound level of acceptance and deep sense of family I have experienced. I love the gals I work with and consider it a great honor to serve our students and faculty.*

# Layered Enchiladas

Toni Borras
Staff Assistant

Admissions & Records
TSTC Waco

## Ingredients

- 2-3 lb. hamburger or chicken, canned or de-boned and shredded
- 1 small onion, chopped
- 2 cans cream soup (mushroom, chicken, potato, onion, etc. Use your imagination–combine any two if you wish!)
- 2 small cans enchilada sauce (mild or hot, red sauce for beef, or green sauce for chicken)
- 1½ c. milk
- 17 corn tortillas, cut into quarters
- 1-2 lb. cheddar and/or Monterey Jack cheese, shredded
- sliced black olives
- sliced jalapenos (optional)

**1** Brown hamburger and saute onion while browning the hamburger (to save time) or for the chicken option, saute the onion in olive oil and add the chicken to it after sauteing, drain the fat, then add cream soups, enchilada sauce, and milk.

**2** Ladle enough of the mixture into a 13x9 baking pan to cover the bottom, place half of the quartered tortillas in the bottom of the pan, ladle half of the mixture over the tortillas, then half the cheese. Repeat for the second layer.

**3** Sprinkle top with black olives and jalapenos.

**4** Bake at 350 degrees for about 30 minutes until bubbly and cheese is melted.

**5** Serve with frijoles fritos, rice, ensalada, salsa, and/or guacamole.

*Ole'!!!*

*Options:*

*You can lower the fat in this recipe by using skim milk and only putting a light layer of cheese on the top only. Use low fat or fat free tortillas, also. Unfortunately, fat free cheeses do not melt very well; therefore, I don't recommend using them in this recipe. Just use less of the real deal or, if you must, none at all (yuck!). I consider cheese a must for ANY enchiladas, but suit yourself. And remember to always drain off the meat fat. If you are really serious about low fat, don't serve refried beans and guacamole.*

## Oren Reich writes:

Oren Reich
Master Instructor

Industrial Maintenance Engineering Technology
TSTC Waco

*This recipe has been in the family for over 50 years and it's good, and many people have never had Spam in that form as a main meal. My wife has served it to many of our friends and they always ask for seconds. It has a successful record.*

*The best aspect of working at TSTC is witnessing the success that my students have after they leave TSTC and join the Texas work force. Also, I have the opportunity to serve as District 17 Director of the American Welding Society, which gives me the chance to place Texas State Technical College name in front of the International Welding society around the world.*

# Meat Pie

Oren Reich
Master Instructor
Industrial Maintenance Engineering Technology
TSTC Waco

## Ingredients

**Meat:**

- ¼ lb. American cheese
- 2 c. potatoes, chopped & cooked
- ½ tsp. salt
- 1 c. evaporated milk
- ¼ c. onions, chopped
- ¼ tsp. pepper
- 1 can Spam, cubed

**Sauce:**

- 1 can mushroom soup
- ¼ can evaporated milk

**Meat:**

1. Heat oven to 350 degrees.
2. Melt cheese in evaporated milk, stirring constantly. Mix with all remaining ingredients, except spam.
3. Spread in pastry-lined pan. Top with cubed Spam. Place top crust over pan.
4. Seal edges together. Bake 35-40 minutes.

**Sauce:**

1. Combine soup and evaporated milk. Heat until smooth.
2. Pour over meat.

## Nelda Smith writes:

Nelda Smith
Cashier

Student Accounting
TSTC Waco

*I use this recipe when I need to take a meal to someone or when I have company over. I can cook this all night and add a side dish and dessert.*

*I really enjoy the customer service part of my job.*

# Mexican Roast

Nelda Smith
Cashier

Student Accounting
TSTC Waco

**Ingredients**

3 lb. roast

¼ c. sugar

salt & pepper (to taste)

1 small can green chilies

1 can (8 oz.) tomato sauce

1 can Rotel tomatoes, diced

1 small can mushrooms, chopped

2 c. dried pinto beans (Casserole brand are the best.)

**1** Place roast in large roasting pan.

**2** Pour all the ingredients around the roast, then cover with water.

**3** Cover with lid and cook 12 hours at 250 degrees.

## Allyson Hensley writes:

Allyson Hensley
Department Secretary

Automotive Technology
TSTC Waco

*I chose this recipe because it brings back a lot of wonderful childhood memories. My mother to this day makes her French toast for all of her children and grandchildren.*

*I enjoy coming to work each and every day because there is always something new. The people I work with are great and they have made me feel welcomed. I know the dedication and commitment each and every one of the faculty and staff have given to the students and it makes me want to do my ultimate best. I want to thank TSTC for giving me this opportunity to be part of its family.*

# Mom's French Toast

Allyson Hensley
Department Secretary
Automotive Technology
TSTC Waco

**Ingredients**

2 eggs
¼ tsp. cinnamon
1 c. flour
bread
½ c. milk
Crisco shortening
1 tsp. vanilla
maple syrup

**1** Mix eggs, flour, and milk together in a mixing bowl.

**2** Add vanilla and cinnamon and mix thoroughly.

**3** Cut a piece of bread in half and place bread in the mixture (one half at a time) and then place battered bread in melted Crisco shortening.

**4** Cook until French toast is golden brown.

*Makes about 8 slices.*

## Michelle Honeycutt writes:

Michelle Honeycutt
Purchasing Agent

Business Office
TSTC Marshall

*This was one of the first recipes I cooked for my husband when we first started dating close to twenty years ago; it has become one of my family's favorite. It is great to make ahead of time on a Saturday afternoon, put in the oven and go work in the garden for a couple hours, then come in and dinner is ready.*

*I enjoy working at TSTC Marshall knowing that I am helping staff and faculty to make a difference in a student's life. The best experience, thus far, was seeing concrete being poured for the new Library and Administration Buildings because I have been working with the architect and correcting blueprints for two years.*

# Pork Chops & Wild Rice

Michelle Honeycutt
Purchasing Agent

Business Office
TSTC Marshall

## Ingredients

- 1 pkg. pork chops (We prefer center cut.)
- 1-2 boxes Uncle Ben's wild rice with mushrooms
- ½ lb. bacon
- ½ onion, chopped
- salt & pepper
- poultry seasoning
- oregano

1 Cook rice according to package directions, decreasing water by ½ cup for 1 package.

2 Season pork chops with salt,pepper, poultry seasoning, and oregano on both sides.

3 Fry bacon in skillet; drain grease on paper towel.

4 Brown pork chops in bacon grease, saute onions in grease.

5 By now rice should be ready: spread in 9½x11 Pyrex glass pan. Mix sauteed onions and crumbled bacon with rice; add a dash of salt, pepper, poultry seasoning and oregano.

6 Lay pork chops on top. Seal pan with foil put this pan in a larger pan filled with water.

7 Bake at 350 degrees for 1½-2 hours, keeping plenty of water in bottom pan.

## Louis Mazé writes:

Louis Mazé
Staff Development Officer

Human & Organization Development
TSTC System

*This recipe means a lot to me because I got it from a co-worker I like and whose taste I trust. I've tried it and I can vouch for the fact that it's delicious!*

*It's mainly because of the people who work here that I like working at TSTC. Some of my best experiences here have centered around food. And since all TSTCers like to eat, it's only appropriate that I'm contributing to a cookbook I hope all of them will enjoy!*

# Quick Chicken Enchiladas

Louis Mazé
Staff Development Officer
Human & Organization Development
TSTC System

## Ingredients

- 8 oz. sour cream
- 1 can cream of chicken or mushroom soup
- 1 jar chopped jalapeno
- flour tortillas
- 1 quick chicken—seriously: two cans chicken (or chopped up real stuff, white)
- shredded cheese

**1** Mix all together and then stuff oversized flour tortillas, top with cheese.

**2** Butter pan.

**3** Cook in oven for 30-40 minutes at 350 degrees.

## Michael Bettersworth writes:

Michael Bettersworth
Associate Vice Chancellor

Technology Advancement
TSTC System

*I originally found this recipe in* Bon Appétit *and it is really easy to prepare and the final result is amazing! A couple of tips: multiply the seasonings 1½ or so, but not too much pepper; season the roast one day in advance and keep in the fridge overnight so the seasoning has time to work its magic; let stand after removing from the oven to finish cooking. Leftovers make for great sandwiches and salad topper.*

*TSTC creates opportunities for students from across the great state of Texas and we help ensure Texas employers remain competitive. Most of all, we are in the business of changing lives. It's what teaching is all about. I am thankful for the opportunity to serve and work with so many excellent peers throughout TSTC.*

# Roast New York Strip Loin with Garlic-Herb Crust

Michael Bettersworth
Associate Vice Chancellor

Technology Advancement
TSTC System

## Ingredients

- 4 garlic cloves
- 8 fresh sage leaves
- 4 tsp. fresh thyme leaves
- 4 tsp. olive oil
- 4 tsp. salt
- 1½ tsp. ground black pepper
- 1 (4-5 lb.) boneless beef loin New York strip roast, fat trimmed to ¼ inch

**1** With machine running, drop garlic into processor; blend until finely chopped. Add sage, thyme, oil, salt, and pepper; process until paste forms.

**2** Pat meat dry with paper towels. Rub meat all over with herb paste. Cover; chill at least 3 hours. (Can be made 1 day ahead. Keep refrigerated.)

**3** Preheat oven to 450 degrees. Place meat, fat side up, on rack in roasting pan. Roast meat 15 minutes.

**4** Reduce oven temperature to 350 degrees. Roast meat until instant-read thermometer inserted into thickest part of meat registers 130 degrees for medium-rare, about 35 minutes (or 140 degrees for medium, about 40 minutes).

**5** Remove from oven; let stand 20 minutes.

**6** Cut crosswise into ⅓-inch thick slices. Arrange slices on platter.

## Rob Wolaver writes:

Rob Wolaver
Associate Vice President

Workforce Development & Grants
TSTC Waco

*I chose this recipe because it's easy, it's good, and it's a great way to spend a Sunday afternoon!*

*The diversity of the skills and technical backgrounds of the faculty and staff at TSTC make it an extremely interesting place to work, especially for a guy who thinks the perfect gift is tools for every occasion and free time should be used building something! The best experiences are to work with students who think they lack the confidence, support, or ability to achieve at college, and then find something they are good at and find an opportunity for a rewarding career.*

# Smoked Beer Can Chicken

Rob Wolaver
Associate Vice President
Workforce Development & Grants
TSTC Waco

## Ingredients

- 1 whole large fryer
- 1 Vidalia onion
- 1 orange
- 2 sticks butter
- olive oil
- salt
- black pepper
- white pepper
- cajun seasoning (Tony Chachere's preferred)
- apple cider vinegar
- 6-pack of beer

**1** Thoroughly wash and rinse the chicken.

**2** Quarter the onion into 4 wedges.

**3** Mix 2 tablespoons black pepper, 1 tablespoon white pepper, 1 teaspoon salt, and 1 tablespoon cajun seasoning to make a rub for the chicken.

**4** Rub the inside cavity of the chicken with the spice rub.

**5** Rub the outside of the chicken with olive oil and then with the spice rub.

**6** Open 1 can of beer and empty half the contents into a sauce pan.

**7** Place 1 onion wedge in the opening of the cavity at the neck so that the moisture cannot escape during the smoking process.

**8** Insert the open can inside the cavity of the chicken, using the bottom of the can and the 2 drumsticks as a "kickstand" so the chicken is upright.

**9** Using hickory, mesquite, or pecan wood on a gas or charcoal smoker, place the chicken in the smoker with an average temperature of 180-200 degrees for approximately 5 hours.

*Cont. next page*

# Smoked Beer Can Chicken (cont.)

Rob Wolaver
Associate Vice President

Workforce Development & Grants
TSTC Waco

**10** Check the internal temperature of the chicken in the drumstick (should be about 160-165 degrees when done).

**11** With the chicken on the smoker, dice the remaining onions and cut the orange into quarters (with the rind on).

**12** Melt 2 sticks of butter in a sauce pan with the beer that was previously removed from the can that went in the chicken.

**13** When melted, add oranges and 1 cup of apple cider vinegar and reduce to a simmer.

**14** Baste the chicken with the mixture about every 20-30 minutes until the chicken is done.

## Did you know ...



TSTC Harlingen's Diesel Mechanics
program has been a fixture since the early 1970s.

# Diana L. Sphar writes:

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

*You don't need a knife to serve or eat this dish because this recipe delivers a "melt-in-your-mouth" main dish. We usually serve this spooned over rice with a salad or vegetable on the side and fresh rolls.*

# Smothered Steak

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

## Ingredients

- 1½ lb. round steak
- 1 can cream of mushroom soup
- 1 can water
- 1 onion, chopped
- 1 bell pepper, seeded & chopped
- flour
- salt & pepper (to taste)

1. Season meat with salt and pepper and pound in flour.
2. Sear and brown meat on medium to high heat.
3. Add soup water onion and bell pepper and cook on low heat 2 hours or till tender.
4. Check occasionally and add water if needed.

## Kathleen Butler writes:

Kathleen Butler
Vice President

Student Development
TSTC West Texas Sweetwater

*This is a recipe I received from my great aunt. She always said it was my Great Uncle Mac's favorite recipe. It has few ingredients and makes a great meal in one pot. If only everyone had an Uncle Mac! He was a man of great wisdom who worked hard in the water well business to make a nice living. (And in West Texas, water is hard to find!) He and Aunt Aleene had no children, so their nieces and nephews were very special to both of them. Love was all around their dinner table.*

*Working at TSTC allows me to have an influence in changing people's lives for the better. It is very rewarding to meet new students at orientation and observe the change education makes in their lives on a daily basis. The ultimate reward is that hug from a graduate that has reached their goal and the thank you delivered from their heart.*

# Texas Hash

Kathleen Butler
Vice President
Student Development
TSTC West Texas Sweetwater

## Ingredients

- 1 lb. ground meat or ground turkey
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 can diced tomatoes
- 1 tbsp. chili powder
- 1 tsp. salt
- 1 tsp. black pepper
- 1 clove garlic, minced
- ½ c. uncooked rice (not instant type)
- 2 c. Mexican blend cheese, shredded

1. Brown meat with green pepper and onion (do not drain).
2. Add tomatoes, chili powder, salt, and pepper.
3. Mix well, then add uncooked rice and 1½-cup shredded cheese and mix thoroughly.
4. Pour ingredients into a greased casserole and cover tightly.
5. Bake 45 minutes at 350 degrees.
6. Uncover casserole and top with remaining cheese and bake 15 minutes.

## Bill Segura writes:

Bill Segura
Chancellor

Chancellor's Office
TSTC System

*This recipe does for turkey what a good rub does for a steak. It pumps up the flavor to the gourmet level!*

*Everybody who works and studies here makes me proud! Of the five colleges I've worked at, TSTC is the best!*

# Turkey Burgers to Die For

Bill Segura
Chancellor

Chancellor's Office
TSTC System

**Ingredients**

1 lb. ground turkey
½ tsp. dried thyme
¼ c. celery, chopped
1 clove garlic
¼ c. red onion, chopped
1 tbsp. lite soy sauce
2 tbsp. parsley, chopped
1 c. soft bread crumbs
½ c. red bell pepper, chopped
¼ c. green bell pepper, chopped

**1** Preheat over to 350 degrees.

**2** Mix all ingredients.

**3** On foil-covered baking sheet (with crimped edges to capture juice), form 6 patties.

**4** Bake 12-15 minutes per side.

# Patrick Lloyd writes:

Patrick Lloyd
Admissions Advisor

Student Admissions
TSTC West Texas Sweetwater

*I love this recipe because it's so easy and so inexpensive to make. Cutting up the vegetables takes up the most time, but after that, it's fast, healthy, and delicious.*

*I love working at TSTC mainly because of the colleagues with whom I work. They are the best! We are a unified family motivated every day to help students succeed. Perhaps my best experience so far was when I helped and encouraged three students to not drop out and instead press forward with their educations. All three have since graduated.*

# Vegetable Marinara

Patrick Lloyd
Admissions Advisor

Student Admissions
TSTC West Texas Sweetwater

## Ingredients

- 2 tbs. extra virgin olive oil
- 1 squash
- 1 zucchini
- ½ white onion
- 1 green bell pepper
- 1 can Ragu chunky garden style or garden combination sauce

**1** Cut up squash, zucchini, onion, and pepper into 1-inch long, thin strips (like shoestring potatoes).

*Optional: Season with Season-All seasoning salt, pepper, garlic powder, and parsley, and mix well in a bowl.*

**2** In a large skillet with a lid or in a large soup pot, heat olive oil on medium to medium-high heat.

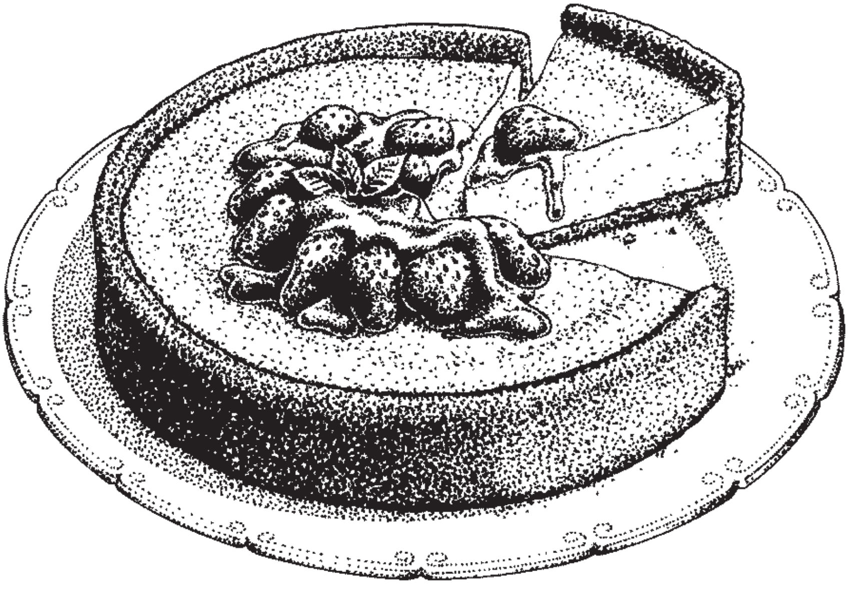
**3** Put in vegetables and stir. Cover and cook 2 minutes, stirring occasionally.

**4** Empty Ragu in with vegetables and mix well. Bring to boil, then simmer for 5 minutes.

*Serves 4.*

*If there are more people, double the recipe. Sprinkle with parmesan cheese if desired when ready to serve. This is very delicious and very healthy, especially for those cutting back on carbohydrates. For those of you who want some carbs, cook your favorite pasta and use the vegetable marinara as the sauce topping.*

# DESSERTS



## Did you know ...




Graduation at TSTC Marshall is a
time for both reflection and celebration.

# 4th of July Cake

Gary Hendricks
President

President's Office
TSTC Marshall

## Ingredients

- 1 box yellow cake mix
- 2 large cans crushed pineapple, drained
- 1 large pkg. instant pudding mix
- fresh fruit you might like to put on cake (strawberries or blueberries are good)
- applesauce equal to oil called for in the cake mix
- 1 large tub & 1 small tub of sugar free or lite Cool Whip
- coconut (optional) for the top of the cake

**1** Mix cake batter according to directions on box except substitute the applesauce for equal amounts of oil called for on box.

**2** Bake cake according to directions on box.

**3** While cake is baking, prepare the pudding mix, clean fruit, and drain crushed pineapple.

**4** When cake has cooled enough so pudding will not melt, spread the pudding on top of the cake. Next, layer the crushed pineapple over the cake. Top the pineapple with Cool Whip in same amount as cake frosting (at this point you may sprinkle coconut on the cool whip if desired). Arrange the fresh fruit in any pattern you desire on top of the Cool Whip (a flag pattern for the fourth of July).

*In this recipe, there is no added oil or sugar, so it may be appropriate for diabetics or others on a low-fat or low-carbohydrate diet.*

## Did you know ...



TSTC West Texas students have a
beautiful campus at which to learn and study.

# 7-UP Pound Cake

Gay S. King-Brown
Instructor

Computer Information Technology
TSTC West Texas Abilene

## Ingredients

- 3 sticks butter, room temperature
- 3 c. sugar
- 3 c. flour
- 5 eggs, room temperature
- 1 c. 7-UP, room temperature
- 1 tsp. lemon extract

**1** Preheat oven to 325 degrees.

**2** Grease and flour bundt pan.

**3** Cream butter and sugar until creamy.

**4** Add eggs one at a time and beat well.

**5** Add extract and flour; beat well.

**6** Cut and fold in the 7-UP by hand. (Do not beat once the 7-UP is added!!!) Make sure the batter is blended well.

**7** Pour batter into prepared pan. Bake for approximately 1 hour and 30 minutes, or until toothpick inserted in center comes out clean.

**8** Remove from oven and cool in the pan for 20 minutes. Remove from pan and cool thoroughly.

## Did you know ...



Student interaction and
collegiality is a cornerstone of TSTC.

# Cherrie's Apple Crisp

Cherrie McBratney
Regional Admissions Advisor D/FW
Marketing & College Relations
TSTC Waco

**Ingredients**

- 4 c. sliced & pared tart apples (I suggest 4 Granny Smith apples.)
- ¾ c. brown sugar, packed
- ½ c. oats (I use Quaker Oatmeal.)
- ¾ tsp. cinnamon
- ¾ tsp. nutmeg
- ⅓ c. butter or margarine, softened

*If you are feeling adventurous, when in season, add 1 c. crushed cranberries*

**1** Heat oven to 375 degrees, and grease or Pam an 8x8 pan.

**2** Place apples (and cranberries) in pan.

**3** Mix remaining ingredients and sprinkle over sliced apples (and cranberries).

**4** Bake 30 minutes or until apples are tender and topping is golden brown.

**5** Serve warm with Blue Bell ice cream . . . a family favorite.

## Brenda Niekamp writes:

Brenda Niekamp
Instructor
Dental Assistant Program
TSTC Waco

*This recipe has been in our family for years. I remember making it when I was going through home-making in high school. My dad just loved it!*

*I enjoy working with and helping the students. It is also rewarding to hear from a former student who still remembers me!*

# Brenda's Apple Crisp

Brenda Niekamp
Instructor

Dental Assistant Program
TSTC Waco

**Ingredients**

4 c. sliced apples
½ c. water
1 c. sugar
½ c. butter or margarine
1 tsp. cinnamon
¾ c. flour

**1** Cut apples in ¼-inch slices and place in a buttered baking dish.

**2** Add cinnamon and water.

**3** Work together the sugar, flour, and butter or margarine until crumbly.

**4** Spread over apples and bake at 350 degrees, uncovered, for about 40 minutes.

**5** Serve hot with whipped cream or vanilla ice cream.

*Makes 6 servings*

## Did you know ...



The Student Center at TSTC West Texas Sweetwater is a focal point for students, faculty, and staff.

# Trish's Apple Dumplings

Trish Haigood
Program Chair/Associate Professor
Computer Information Technology
TSTC West Texas Sweetwater

## Ingredients

- 3 cans large crescent rolls
- 4 apples sliced (green or any cooking apple)
- 1½ sticks butter
- 1¼ c. sugar
- 1 tsp. cinnamon
- 1 can Mountain Dew

**1** Cook sliced apples in 2 cups of water for 2 minutes in microwave and then drain.

**2** Melt the butter and add the sugar and cinnamon.

**3** Wrap the sliced apples in the crescent rolls, folding over to make a dumpling.

**4** Pour the butter-sugar mixture over the apples, then pour the can of Mountain Dew over the top.

**5** Bake at 350 degrees for 30 minutes covered, and then an additional 15 minutes uncovered.

**6** This can be made ahead and refrigerated, but wait to pour the Mountain Dew on until ready to bake.

## Did you know ...




TSTC System offices are located on the Waco campus.

# Minnie's Apple Dumplings

Minnie Rose
Clerk
SSD (ACCESS/SER Jobs)
TSTC West Texas Sweetwater

### Ingredients

- 2 cans crescent rolls
- 2 Granny Smith apples
- 2 sticks butter
- 2 c. sugar
- 1 tbsp. cinnamon
- 1 can Mountain Dew

**1** Melt butter and set aside.

**2** Mix sugar, cinnamon, and Mountain Dew. Add melted butter to sugar mixture.

**3** Peel and cut each apple into eight slices. Roll apple slices in rolls and place in baking dish. Cover rolls with sugar mixture.

**4** Place in 350-degree oven and bake 45 minutes or until golden brown.

## Did you know ...



Food prepared by Food Service/Culinary Arts students is always a welcome sight at TSTC Waco.

# Avocado Sherbet

Debby DeFee
Program Chair

Food Service/Culinary Arts
TSTC Waco

## Ingredients

- 1 small ripe avocado, mashed or pureed
- ¼ c. pineapple juice
- ¼ c. orange juice
- 2 tbsp. lemon juice
- grated rind of 1 lemon
- 1 c. sugar
- 1 c. milk
- ¼ tsp. salt
- ¼ tsp. almond extract

**1** Heat ½ cup of milk just enough to dissolve sugar. Add rest of milk and salt. Freeze to a mushy consistency.

**2** Add juices, avocado, and flavorings. Continue to freeze until firm.

**3** Adding the juices to the slightly frozen mixture keeps the milk from curdling.

*Makes 1 quart.*

## Debi Cisneros writes:

Debi Cisneros
Instructor/Phi Theta Kappa Advisor
Network Security Technology
TSTC Waco

*I like this recipe because I am allergic to dairy products so I am unable to eat most desserts.*

*Some of my best memories of strength, courage, leadership, and downright stubbornness have been on the Waco campus! Why wouldn't I want to work with all these awesome people?*

# Baby Food Cake

Debi Cisneros
Instructor/Phi Theta Kappa Advisor
Network Security Technology
TSTC Waco

### Ingredients

- 2 c. sugar
- 1 tsp. cinnamon
- 2 c. self-rising flour
- 3 eggs
- 1 c. cooking oil
- 1 large jar of any fruit baby food
- 1 tsp. vanilla

**1** Mix all ingredients together in large mixing bowl.

**2** Pour into a 13x9 pan (a glass pan will reduce cooking time by 5 minutes).

**3** Bake at 350 degrees for 30 minutes or until a toothpick comes out clean.

**4** Butter top right out of the oven for a unique frosting (a stick works best).

## Alexis Neumann writes:

Alexis Neumann
Executive Assistant to the President

President's Office
TSTC Waco

*I actually found this recipe on the Web after traveling to New York two years ago. I have made a lot of cheesecakes for friends and family since then. You can make a number of variations by adding "extras." Split the batter and add chocolate pieces (white, dark, milk, or any combination) for pockets of chocolate in the cake, or add any number of flavored extracts.*

*I am lucky enough to work closely with the President and the community. It is such a blessing to be surrounded by people who have a passion for education.*

# Best Darn Cheesecake EVER

Alexis Neumann
Executive Assistant to the President

President's Office
TSTC Waco

## Ingredients

8 oz. cream cheese
1 tsp. vanilla
1 lb. cottage cheese
3 tbsp. cornstarch
8 oz. sour cream
3 tbsp. flour
1½ c. sugar
½ c. melted butter
1½ tsp. lemon juice
4 eggs, beaten

**1** Set oven to bake at 325 degrees.

**2** Mix cottage cheese and cream cheese together.

**3** Gradually add sugar and eggs and mix well.

**4** At low speed add flour, cornstarch, lemon juice, and vanilla.

**5** At low speed add melted butter and sour cream.

**6** Bake in a greased spring-form pan at 325 degrees for 1 hour.

## Mary Gallegos-Adams writes:

Mary Gallegos-Adams
Director
Financial Aid & Administrative Software Support
TSTC Harlingen

*This is an easy recipe. Everyone always enjoys it. On Thanksgiving Day and during other celebrations, it is one of the first desserts to disappear.*

*TSTC positively impacts so many people. I like being a part of this educational institution. It is very satisfying at the end of the day to know that we are making a difference in someone's life.*

# Blueberry Crunch

Mary Gallegos-Adams
Director
Financial Aid & Administrative Software Support
TSTC Harlingen

## Ingredients

- 1 can blueberry pie filling
- 1 large can crushed pineapple
- 1 cake mix, vanilla or butter flavor
- 1 stick butter or margarine
- ½ c. pecan pieces

**1** In a 13x9 baking dish, mix the blueberry pie filling and the crushed pineapple, without draining the juice.

**2** Sprinkle the dry cake mix over the blueberry and pineapple mixture.

**3** Do not stir.

**4** Cut the stick of butter or margarine and layer the pieces over the cake mix.

**5** Sprinkle the pecans on top.

**6** Bake at 350 degrees for 45-55 minutes.

*Apple pie filling can be substituted for the crushed pineapple. Cherry pie filling and apple pie filling together are also a winning combination!*

## Did you know ...



Another class of TSTC West Texas students is happy to make it to graduation.

# Breakfast Log

Georgan Hausenfluke
Administrative Assistant

Training Division
TSTC West Texas Abilene

## Ingredients

- 3 eggs
- 1 c. applesauce
- 1 c. sugar
- ¾ c. flour
- ¾ tsp. soda
- ½ tsp. cinnamon

## Filling:

- 2 tbsp. soft butter
- 8 oz. cream cheese, softened
- ¾ tsp. vanilla
- ½ c. powdered sugar
- 1 c. chopped nuts

**1** Mix ingredients well.

**2** Spread on ½-inch cookie sheet that is covered with wax paper. Grease paper and pan well. Sprinkle mixture with ½ cup chopped nuts.

**3** Bake 15 minutes at 375 degrees.

**4** Turn out onto towel sprinkled with powdered sugar. Let cool about 5 minutes.

**5** Peel off wax paper. Spread filling to about 1 inch from edge. Roll up.

**6** Wrap in foil and chill for about 2 hours before serving.

## Mike Harder writes:

Mike Harder
President

Corporate College
TSTC System

*This pie is more commonly known as "Heart Attack on a Dish."*

# Buttermilk Pie

Mike Harder
President

Corporate College
TSTC System

## Ingredients

- 2 c. sugar
- 5 eggs
- ½ c. butter, melted (1 stick)
- 2 tbsp. flour
- ⅔ c. buttermilk
- ⅓ tsp. vanilla

**1** Mix together sugar, flour, and eggs.

**2** Stir in butter, vanilla, and buttermilk.

**3** Pour into 9-inch deep-dish frozen pie shell.

**4** Bake for 45 minutes at 350 degrees.

*Doubling recipe will make 3 regular 9-inch pies.*

## Did you know ...




Learning surveying skills is an important part of Drafting & Design Technology at TSTC.

# Chocolate Cheesecake

Robert C. Peterson
Instructor
Applied Engineering Technology/Developmental Ed
TSTC West Texas Sweetwater

## Ingredients

### Cheesecake:

1 graham cracker pie crust

16 oz. cream cheese

¾ c. sugar

½ c. cocoa

1 tsp. vanilla

2 eggs

### Topping:

1 c. sour cream

2 tbsp. sugar

1 tsp. vanilla

**1** Combine cream cheese, cocoa, sugar, vanilla, and beat until fluffy. Add eggs and beat.

**2** Pour into graham cracker crust and bake at 375 degrees for 20 minutes.

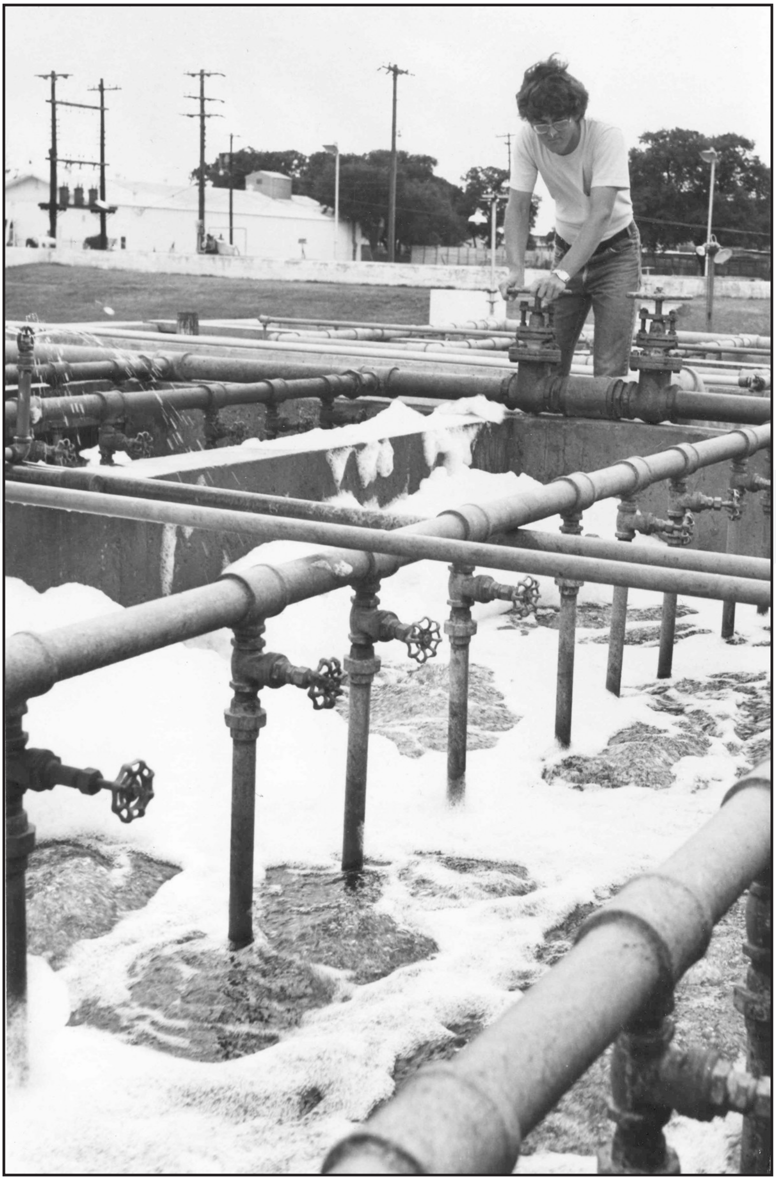
**3** In separate bowl, combine sour cream, sugar, and vanilla.

**4** Cool 15 minutes and top with topping mixture.

**5** Bake at 450 degrees for 10 minutes.

**6** Cool and chill several hours or overnight.

## Did you know ...



TSTC students are in the mix of things
no matter what field they are studying.

# Chocolate Chip Cake

Tommie Moore
Counselor/Test Administrator
Student Services
TSTC West Texas Abilene

## Ingredients

- 1 box plain yellow cake mix
- 1 box vanilla instant pudding
- 1 box chocolate instant pudding
- 1½ c. water
- ½ c. oil
- 1 tsp. vanilla
- 4 eggs
- 1 bag (6 oz.) Hershey's milk chocolate chips

**1** Combine all ingredients into bundt pan.

**2** Blend well.

**3** Pour into bundt pan (spray with Pam or baking spray).

**4** Put in oven at 350 degrees for 1 hour.

**5** Let cool for 2-3 minutes.

**6** Turn out on cake serving plate.

*Chocolate glaze is optional. Purchase any chocolate frosting from the grocer's shelf. Add oil or milk to obtain a "drizzle" consistency.*

## Did you know ...



Students learn from industry-expert faculty at TSTC Waco.

# Chocolate Sheet Cake

Ray Rushing
Attorney

General Counsel
TSTC System

## Ingredients

### Cake:

- 2 c. flour
- 4 tbsp. cocoa
- 2 c. sugar
- 2 eggs (slightly beaten)
- ½ c. butter
- ½ c. buttermilk
- 1 c. water
- ½ c. shortening
- 1 tsp. soda
- 1 tsp. vanilla

### Icing:

- ½ c. butter
- 1 box sifted powdered sugar
- 4 tbsp. cocoa
- 1 tsp. vanilla
- ½ c. milk
- 1 c. chopped pecans

### Cake:

1. Preheat oven to 350 degrees.
2. Sift together flour and sugar.
3. Bring to boil the butter, shortening, water, and cocoa.
4. Add to flour and sugar mixture while hot.
5. Stir soda and vanilla into buttermilk.
6. Add buttermilk mixture and eggs.
7. Bake in jelly roll pan (15½x10x1) that has been well greased and floured.
8. Bake for 20-25 minutes.
9. Cool 10-15 minutes and frost.

### Icing:

1. Melt butter and cocoa on top of stove.
2. Then add powdered sugar, milk, vanilla, and pecans.
3. Spread on cake.

## Wayne Blinka writes:

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

*This is a traditional cake served in many English homes at Christmas. Generally a hard-setting white icing is put over the almond paste. It also doubles as a traditional birthday cake. The round cake is made in a spring-form pan, 8 inches in diameter with at least 2½-inch sides. It takes a long time to make, is best when it is eaten weeks or months after it is made, and is well worth the work and wait. My mother-in-law, Mrs. Hammett, learned to make this cake from her grandmother around 1915. We had to have her make it and measure the ingredients as she went in order to get a recipe. It was a tough job, but somebody had to do it . . . if you are really anxious, make the four small cakes and eat one every other week or so until they are gone. The last will be the best. Since the Texas climate is not very much like that of England, it's probably best to let these cakes age in a refrigerator.*

# Christmas Cake/Traditional Birthday Cake

Wayne Blinka
Software Integration Specialist

Software Support Services
TSTC Waco

**Ingredients**

**Cake:**

- 10 oz. plain flour
- 8 oz. butter
- 8 oz. brown sugar
- 5 large eggs, well beaten
- ¼ tsp. salt (optional)
- 2 tsp. mixed spice
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 12 oz. currants, rinsed & dried
- 8 oz. sultanas, rinsed & dried
- 12 oz. raisins, rinsed & dried
- 4 oz. candied peel (citron), chopped in ¼-inch pieces
- 4 oz. glace cherries, chopped in ¼-inch pieces
- 4 oz. almonds, blanched, peeled, & finely chopped
- ⅓ c. brandy
- 1 tbsp. black treacle (substitute molasses)

*Cont. next page*

**1** Mix flour, salt, and spices together thoroughly. Cream the butter well. Add the sugar and beat together well. Add half of the eggs, flour mixture, and fruits. Beat well, then add all the rest (including brandy) and beat together. The mixture will be fairly stiff — too stiff to pour.

**2** Line the bottom and sides of the cake pan(s) with waxed paper. Fashion this paper lining to rise an inch or so above the top of the pan(s) in case the cake rises too much. Spoon cake mixture into the pan(s) and gently level.

**3** Place in oven just below center level. For 8-inch round cake: bake at 300 degrees for 2 hours. Reduce heat to 250 degrees and bake 1½-2 hours more. For four 2½x6 cakes: bake at 300 degrees for 40 minutes. Reduce heat to 250 degrees and bake 45 minutes more. If using a convection oven, reduce times or temperatures accordingly.

**4** Test for done by inserting a clean toothpick in cake's center. Try not to open oven until cake is almost done!

*Cont. next page*

# Christmas Cake/Traditional Birthday Cake (cont.)

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

### Ingredients (cont.)

small amount of milk, if needed.

1 tbsp. sherry (Use good sherry if possible, avoid cooking sherry.)

### Covering:

1¼ lb. almond paste

orange marmalade

icing sugar

**5** Remove cake(s) from oven and cool on rack. When cool enough to handle easily (still slightly warm), remove from pan and peel off waxed paper. Allow cake(s) to cool completely, then sprinkle with sherry, wrap with waxed paper, and store in an airtight container. These cakes store indefinitely like this in cool weather if you open and re-sprinkle with sherry every other week or so, to keep them from drying out.

**6** A few days before serving, unwrap cake and coat by spreading on a thin layer of orange marmalade. Roll almond paste into sheets about ⅛-inch thick. (Use a small amount of powdered sugar to keep the almond paste from sticking to the rolling pin or board.) Fashion the almond paste into a covering for the cake, making strips to cover the sides first, then a sheet to cover the top. Pinch the almond paste together at the side seams and all around the top edge.

**7** Gently wrap cake in waxed paper and return to the airtight container until serving time. Serve thin slices, as cake is very rich. In England it's served with a small slice of sharp cheddar cheese, or possibly a piece of apple.

# Coca-Cola Cake

Kay Kidd
Staff Assistant
Career Planning & Placement
TSTC West Texas Sweetwater

## Ingredients

### Cake:

- 2⅓ c. flour
- 2 c. granulated sugar
- 1 tsp. baking soda
- 1 c. Coca-Cola
- ⅔ c. butter
- 2 tbsp. unsweetened cocoa powder
- 2 eggs
- ½ c. buttermilk
- 2 tsp. vanilla
- 1½ c. tiny marshmallows

### Topping:

- ½ c. butter
- ¼ c. unsweetened cocoa powder
- ¼ c. Coca-Cola
- 2½ c. powdered sugar, sifted
- 1 tsp. vanilla
- 1 c. chopped nut

### Cake:

**1** Preheat oven to 350 degrees.

**2** In a large mixing bowl stir together flour, sugar, and baking soda; set aside.

**3** In a medium saucepan bring Coca-Cola, butter, and cocoa powder to boiling over medium heat. Add the hot mixture to the flour mixture; stir until just combined. Add eggs, buttermilk, and vanilla; stir until combined. Gently stir in marshmallows. (They will float to the top).

**4** Pour the cake batter into a greased and floured 13x9x2 baking pan.

**5** Bake in a 350-degree oven about 30 minutes or until a wooden tooth pick inserted near the center of the cake comes out clean.

**6** Transfer cake in pan to a wire rack. Immediately spread topping over cake. Thoroughly cool on rack.

*Cont. next page*

# Coca-Cola Cake (cont.)

Kay Kidd
Staff Assistant
Career Planning & Placement
TSTC West Texas Sweetwater

**Topping:**

**1** In a medium sauce pan bring butter, unsweetened cocoa powder, and Coca-Cola to boiling.

**2** Add powdered sugar and vanilla. Mix with a wire whisk until combined.

**3** Stir in nuts and spread over hot cake.

# Coconut Cream Pie

Larry Grulick
Associate Vice Chancellor
Instructional Support & Research
TSTC System

## Ingredients

### Filling:

½ c. sugar
1 dash salt
2 tbsp. flour
2 tbsp. cornstarch
2 c. milk
2 or 3 egg yolks
½ tsp. vanilla
¾ c. coconut

### Meringue:

2 or 3 egg whites
¼ tsp. cream of tartar
⅛ tsp. salt
¼ c. sugar

### Filling:

**1** Mix sugar, flour, and salt in a sauce pan.

**2** Add small portion of milk so the mix does not get lumpy.

**3** Add beaten egg yolks. Mix all together.

**4** Cook, while stirring constantly, until smooth.

**5** Add vanilla and coconut, blend well.

**6** Pour mixture into a baked pie shell.

### Meringue:

**1** Beat 2 or 3 egg whites until foamy; add cream of tartar and salt.

**2** Beat until soft peaks form.

**3** Spread on pie, covering filling completely and sealing the meringue to the crust.

*Bake the assembled pie at 350 degrees for about 14 minutes, or until golden brown. Cool completely before cutting, then serve and enjoy!*

## Tom Hutyra writes:

Tom Hutyra
Lab Assistant II

Electronics Core
TSTC Waco

*I have twelve pecan trees that surround my house so I always have plenty of pecans on hand to make just about anything needing pecans. This recipe is easy to make and is a good snack.*

*Being an electronics technician allows me to look at a lot of different pieces of equipment. In addition to repairing equipment in my own department, I have repaired equipment in other departments. I have repaired equipment for welding, dental assisting, laser, and have helped repair the lighting system on the airport runway. It is very satisfying work.*

# Cinnamon Pecans

Tom Hutyra
Lab Assistant II

Electronics Core
TSTC Waco

## Ingredients

2 egg whites
½ c. sugar
1 tbsp. cinnamon
4 c. pecan halves

**1** Beat 2 egg whites.

**2** Pour over pecans until well coated.

**3** Mix sugar with cinnamon and pour over coated nuts and mix well.

**4** Spread out on cookie sheet and bake at 250 degrees for 20 minutes.

**5** Turn over pecans and bake for 10-15 minutes more.

**6** Take out and let cool.

**7** Break apart and put in containers.

## Lorie R. Greenrock writes:

Lorie R. Greenrock
Administrative Secretary

Instructional Support
TSTC West Texas Brownwood

*This recipe means a lot to me because my husband loves this pie. My mother-in-law, Donna Greenrock, handed down the recipe to me because I am carrying on the tradition to bake it for family functions and holidays. Cracker pie also brings a wonderful price at family reunion auctions. Enjoy!*

*Well, I graduated from TSTC West Texas Brownwood and I never left. I love my job, the student interaction, the people, and the benefits. I love being technology minded and continue to enjoy trying to keep up with this evolving world.*

# Cracker Pie

Lorie R. Greenrock
Administrative Secretary

Instructional Support
TSTC West Texas Brownwood

## Ingredients

- ¾ c. sugar
- 2 (9-inch) traditional pie shells, thawed
- ½ stick butter
- 10 squares of saltine crackers, crumbled
- 1 c. water
- ¼ tsp. cream of tartar
- 1 tsp. cinnamon

*(And some extra cinnamon and sugar for topping)*

1. Preheat oven to 450 degrees.
2. Place crumbled crackers in the bottom of one pie shell.
3. Combine, melt, and bring to boil all ingredients.
4. Pour mixture over crackers.
5. Remove dough from second pie shell and place over the top of the first pie shell and mixture.
6. Prong (fork) the sides of the pie for outside edge combination.
7. Poke holes in the pie top with fork about four or five times.
8. Sprinkle with sugar and then cinnamon to taste.
9. Bake at 450 degrees for 10 minutes.
10. Turn oven down to 350 degrees and bake until brown on top.
11. An extra delicious addition to this pie is a scoop of ice cream or whip cream.

## Kathy Podsednik writes:

Kathy Podsednik
Administrative Assistant

President's Office
TSTC Waco

*This is a Czech favorite, light and delicious. Some of our fellow TSTC Waco employees, Marcella Sinkule (who brings them to work and spoils everyone) and Susan Stone, have developed this recipe to teach our local youth organizations to learn to bake Czech pastries. We use these as a great fundraiser. Several Czech ladies in our area are know to be the finest "Buchta" bakers in their home kitchens.*

# Czech Coffeecake (Buchta)

Kathy Podsednik
Administrative Assistant

President's Office
TSTC Waco

## Ingredients

- 3 c. milk
- ½ c. sugar
- 3 pkg. Rapid Rise yeast
- Solo pie filling or cream cheese filling recipe (below)
- 1 tbsp. vanilla

## Yeast:

- 6 egg yolks
- 1½ c. margarine
- 1 tbsp. salt
- 6-7 c. flour

## Filling:

- use Solo canned pie filling (cherry, apricot, poppy seed) **OR**
- cream cheese filling:
- 1 pkg. (8 oz.) cream cheese
- ¼ c. sugar
- ½ tsp. vanilla
- little bit of egg (pinch off with spoon)

*Cont. next page*

**1** Dissolve ½ cup sugar with 3 cups of milk (lukewarm). Add the 3 packages of Rapid Rise yeast to milk to proof (yeast has to dissolve and bubble). Gently stir the yeast (just to get the yeast moist). Cover the pan with a cloth and place in warm place (near stove, but you don't want it too hot). It will take about 15 minutes or so to proof (bubbly on top).

## Yeast:

**2** Mix together and add to yeast mixture: ½ cup butter, melted and cooled, 6 egg yolks, and 1 tablespoon salt.

**3** Add 6-7 cups of flour to yeast mixture. Start with 4 cups, then add a little at a time. The dough should be smooth (it can be a little sticky). If you mix by hand, it takes a little longer. When mixing, either by hand or mixer, let the dough rest, about 4-5 minutes. It takes about 20 minutes with a dough mixer. Put dough in a large buttered bowl. Cover with cloth and place in warm place to rise, about 10 minutes.

*Cont. next page*

# Czech Coffeecake (Buchta) cont.

Kathy Podsednik
Administrative Assistant

President's Office
TSTC Waco

**Ingredients (cont.)**
**Icing:**

1 bag powdered sugar (to taste)

vanilla

milk

margarine

**Yeast:**

**4** Mix Solo canned pie filling (cherry apricot, poppy seed), ¼ cup of sugar, ½ teaspoon vanilla, and a little bit of egg (pinch off with spoon.)

**5** Add ½ cup butter, melted and cooled, to dough. When adding the butter, mix by hand using a wooden spoon. The dough will be a little buttery, looks like it won't work in, keep mixing until dough is smooth. If it doesn't get real smooth (don't worry) it will be fine. Cover and let the dough rise again to double or more in size.

**6** Buchta: Divide dough into 4-5 balls. Roll out the ball into a rectangle — approximately 15x18 (smaller if you want). Spread your filling on the dough, just close to the edge of the dough. Flip edge of dough up forming a "lip." Fold the dough to make a 4x15 finished buchta. You can fold it 3-4 times (width). Tuck in the ends. Butter the dough with melted butter. Cut slots in the top.

*Cont. next page*

# Czech Coffeecake (Buchta) cont.

Kathy Podsednik
Administrative Assistant
President's Office
TSTC Waco

**7** Place buchta on buttered heavy-duty foil. Make a boat (out of foil) around the buchta — do not cover the buchta with foil when baking (seam side down patting the dough to form a smooth rectangle). Place on baking sheet and bake at 350 degrees for 15-20 minutes (until golden brown). Butter after taking it out of the oven.

## Icing

**1** In a bowl, add powdered sugar (to taste), vanilla, milk, margarine.

**2** Mix till smooth and thinner. Spread on buchta when cooled.

*Serving: Cut in ½-inch to 1-inch serving size.*

## Did you know ...



Health-related fields have long been a staple of instruction at TSTC.

# Dump Cake

Lulu Morales
Administrative Assistant

Instructional Administration
TSTC West Texas Sweetwater

**Ingredients**

1 can cherry pie filling
1 can crushed pineapples
1 box yellow cake mix
1 stick butter
¼ c. sugar
1 tsp. cinnamon

**1** Pour pineapples into cake pan, layer cherry pie filling.

**2** Pour dry cake mix over cherry filling.

**3** Cut butter into small squares and lay over the cake mix.

**4** Mix sugar and cinnamon; sprinkle over butter.

**5** Bake at 350 degrees for 1 hour.

## Susan Meyers writes:

Susan Meyers
Project Manager

IDEAS Center
TSTC Waco

*Here in the IDEAS Center, we have a clear and unique approach to solving problems by utilizing our many talents and skills of the experienced staff to make significant contributions. This gives our team and ourselves as individuals tremendous latitude to develop, contribute, and strengthen our ideas and skills in a project-team setting.*

*As employees of TSTC, we pride ourselves on the way we inspire our students and co-workers to realize their personal and professional best. Teamwork is an important element of what makes TSTC a great place to work. Our work is exciting and challenging in this nurturing and energizing environment.*

# Double Chocolate Brownie Pancakes

Susan Meyers
Project Manager

IDEAS Center
TSTC Waco

## Ingredients

- 3 tbsp. unsweetened cocoa
- 2 tbsp. granulated sugar
- 2 tsp. ground cinnamon
- 1½ c. water
- ⅓ c. chopped walnuts
- ¼ c. semi-sweet chocolate chips
- 2 c. Aunt Jemima Complete or Buttermilk Complete Pancake & Waffle Mix

**1** Combine pancake mix, cocoa, cinnamon, and sugar in large bowl.

**2** Stir in water with wire whisk until large lumps disappear.

**3** Add walnuts and chocolate chips; stir until evenly mixed.

**4** Let batter rest for 5 minutes.

**5** Cook according to package directions.

**6** Serve warm with syrup, or topped with whipped cream, your favorite fruit, and chopped nuts.

## Arden Thelin writes:

Arden Thelin
Department Secretary
Webmaster Technology
TSTC Waco

*This is a fast, easy recipe that always turns out well every time and will feed a crowd.*

*The students, the faculty, the staff—the people—are what make working here so enjoyable.*

# Dump It Cake

Arden Thelin
Department Secretary

Webmaster Technology
TSTC Waco

## Ingredients

- 2 cans crushed pineapple
- 2 cans cherry pie filling
- 1 box white or yellow cake mix
- 2 sticks margarine

**1** Dump the two cans of pineapple, undrained, into a 13x9 pan. Spoon cherry pie filling over the pineapple.

**2** Top with cake mix (unmixed) and then cover with butter. Cook at 350 degrees for about 30 minutes or until the top is golden brown.

**3** I've used canned peaches and apple pie filling with this also.

## Did you know ...




Students at TSTC Waco learn the
skills to be in control of their futures.

# Duncan Hines Cheesecake

Michael Huneke
Instructor

Automotive Technology
TSTC Waco

## Ingredients

- 1 pkg. Duncan Hines deluxe yellow cake mix
- 2 tbsp. vegetable oil
- 2 pkg. (8 oz.) cream cheese
- ½ c. sugar
- 4 eggs
- 1½ c. milk
- 3 tbsp. lemon juice
- 3 tsp. vanilla
- 1 can cherry pie filling

1. Preheat oven to 300 degrees.
2. Reserve 1 cup dry cake mix.
3. Mix remaining dry cake mix with oil and 1 egg (will be crumbly).
4. Press mixture on bottom and sides of a 13x9x2 pan.
5. Mix cream cheese and sugar in bowl.
6. Add 3 eggs and remaining cake mix.
7. Mix 1 minute at medium speed.
8. Slowly mix in milk and flavorings at low speed.
9. Mix until smooth.
10. Pour over crust.
11. Bake at 300 degrees for 45-55 minutes until center is firm.
12. When cool, top with filling and serve.

## Did you know ...




A careful eye for the details is a valuable skill in any field.

# Eagle Brand Ice Cream

Robert C. Peterson
Instructor

Applied Engineering Technology/Developmental Ed
TSTC West Texas Sweetwater

## Ingredients

- 14 oz. Eagle Brand sweetened condensed milk
- 2 tbsp. vanilla
- 16 oz. half & half
- 16 oz. whipping cream

**1** Combine ingredients and freeze in ice cream maker.

**2** To add fruit reduce half and half to 1 cup. Add 1 cup mashed fruit and coloring (if desired).

## Viola Vela writes:

Viola Vela
Accounting Assistant II

Business Office
TSTC Harlingen

*This is one of my trademark cakes. I use to live in California and have experienced an earthquake. They are very frightening and also the main reason I moved back to Texas. In fact, I got this recipe from one of my closest friends from California.*

*Working at TSTC has really made me realize how important education is. I married really young and dropped out of college. While working here I thought that I should start college again and so I did. Today, I am very proud to say that I am a senior at the University of Texas at Brownsville anticipating graduation soon. Enrolling back in college here at TSTC was a great experience for me but even greater was transferring the college hours I proudly earned here.*

# Earthquake Cake

Viola Vela
Accounting Assistant II

Business Office
TSTC Harlingen

## Ingredients

1 c. pecans, chopped

1 box German chocolate cake mix

1 c. flaked coconut

8 oz. cream cheese

1 stick butter

3½ c. powdered sugar

**1** Sprinkle pecans and coconut in your cake pan that has been sprayed with Pam.

**2** Mix cake mix according to directions on box.

**3** Pour this mixture over the nuts and coconut.

**4** Mix together cream cheese, butter, and powdered sugar.

**5** Mix together until well blended and pour on top of the cake batter.

**6** Bake at 350 degrees for approximately 30 minutes.

**7** Cake will crack while baking.

**8** Test for doneness with toothpick.

## Beverly Clark writes:

Beverly Clark
Administrative Assistant
Workforce Development & Grants
TSTC Waco

*I love working at TSTC because of the opportunity to help others (students and everyone) we meet in our day-to-day life. TSTC offers a wide range of people and getting to know them and their differences make working exciting. The best experience and blessing at TSTC was having met my husband while he was a student here in Automotive Technology and Air Conditioning/Refrigeration Technology while I attended Baylor University. Another blessing was to follow in the working path as my grandfather R.H. Holder and my parents Alvin and Laura Schofield.*

# Elvis Gooey Butter Cakes

Beverly Clark
Administrative Assistant
Workforce Development & Grants
TSTC Waco

## Ingredients

### Cake:

- 1 egg
- mint leaves (for garnish)
- whipped cream (for garnish)
- 8 tbsp. (1 stick) butter, melted
- 1 pkg. (18¼ oz.) yellow cake mix

### Filling:

- 3 eggs
- 1 pkg. (8 oz.) cream cheese, softened
- 1 tsp. vanilla
- 8 tbsp. (1 stick) butter
- ½ c. peanut butter
- 1 box (16 oz.) powdered sugar
- 1 whole banana

1. Preheat the oven to 350 degrees.
2. Combine the cake mix, egg, and butter together and mix well.
3. Pat into a lightly greased glass 13x9 baking pan.
4. Prepare the filling.
5. Beat the cream cheese until smooth.
6. Add the eggs and vanilla.
7. Add the peanut butter and beat.
8. Add the banana and butter and mix well.
9. Add the powdered sugar and mix well.
10. Spread over the cake mixture.
11. Bake for 45-50 minutes.
12. You want the center to be a little gooey, so do not over bake.
13. Top each cake slice with a mint leaf and dollop of whipped cream.

## Cherrie McBratney writes:

Cherrie McBratney
Regional Admissions Advisor D/FW
Marketing & College Relations
TSTC Waco

*This is a favorite for our family for holidays.*

# Frozen Salad

Cherrie McBratney
Regional Admissions Advisor D/FW

Marketing & College Relations
TSTC Waco

## Ingredients

- 2 c. sour cream
- 2 tbsp. lemon juice
- ¾ c. sugar
- pinch of salt
- 1 can (15 ½ oz.) pineapple, well drained
- ½-¾ c. maraschino cherries and a little juice for color
- ½ c. chopped pecans
- 2 sliced bananas
- 1 c. miniature marshmallows

*Options:*

*I have substituted 12 ounces of cream cheese for the sour cream, lemon juice, and salt*

**1** Mix well with a large spoon or spatula and freeze in muffin tins lined with paper muffin cups. Makes around 20 muffin cups.

## Albert Srubar writes:

Albert Srubar
Comptroller

Comptroller's Office
TSTC System

*I got this recipe from my sisters. I chose it because it is very delicious.*

*I like working at TSTC because of the great people that I get to work with. I consider myself lucky to be able to work with them.*

# Frozen Surprise

Albert Srubar
Comptroller

Comptroller's Office
TSTC System

## Ingredients

- 12 ice cream sandwiches
- 14 oz. Cool Whip
- 2 large Butterfinger candy bars
- ¼ c. Hershey's chocolate syrup
- ½ c. chopped pecans

1. Line a 9x13 dish with ice cream sandwiches.
2. Spread Cool Whip on top of the ice cream sandwiches.
3. Crumble and sprinkle Butterfingers on top of the Cool Whip.
4. Drizzle with Hershey's chocolate syrup.
5. Sprinkle pecans on top.
6. Freeze until ready to serve.

## Did you know ...



TSTC students go out into the field to hone their skills on a regular basis.

# Granny's Cracker Pie

Jean Teis
Admissions Advisor

Recruiting & Marketing
TSTC West Texas Breckenridge

## Ingredients

- 3 egg whites
- ½ tsp. cream of tartar
- 1 c. sugar
- 16 saltine crackers, finely crushed (or part Ritz)
- 1 tsp. vanilla
- ½ c. chopped pecans (or more)
- ½ pt. whipped cream

**1** Beat egg whites until frothy, add cream of tartar. Beat until stiff.

**2** Add sugar, gradually beating until all is used.

**3** Fold in crumbs, nuts, and vanilla.

**4** Bake in buttered 10-inch pie pan for 40 minutes at 325 degrees.

**5** When cool, fill with whipped cream. (Add fruit if desired.)

**6** Chill at least 2 hours, overnight is better.

## Diana L. Sphar writes:

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

*This was my great-grandmother's pound cake recipe. It was my favorite since childhood and was the cake I always asked for on my birthday. I called it "Crispy Cake" because of the glazed crust. Whenever I make it I can see my great-grandmother in the kitchen.*

# Great-Grandmother's Pound Cake

Diana L. Sphar
Webmaster

IDEAS Center
TSTC Waco

## Ingredients

- 4 eggs
- 2 tsp. vanilla
- 3 c. sifted flour
- ½ tsp. soda
- 2 c. sugar
- ¼ tsp. salt
- 1 c. shortening
- 1 c. buttermilk

## Glaze:

- ¾ c. sugar
- ⅓ c. water

**1** Place all ingredients except buttermilk into bowl and mix until moist.

**2** Add buttermilk and beat 10 minutes.

**3** Place in cold oven and turn to 375 degrees.

**4** Bake 1 hour and 15 minutes in greased and floured angel food pan (also known as a spring pan).

**5** Let cake cool completely before removing from pan.

## Glaze:

**1** Mix in pan and boil for 1 minute.

**2** Pour over cooled cake.

## Did you know ...



TSTC is a star in Texas higher education.

# Maurice's Green Tomato Pie

Maurice W. Agent
DPS Supervisor

Department of Public Safety
TSTC Marshall

## Ingredients

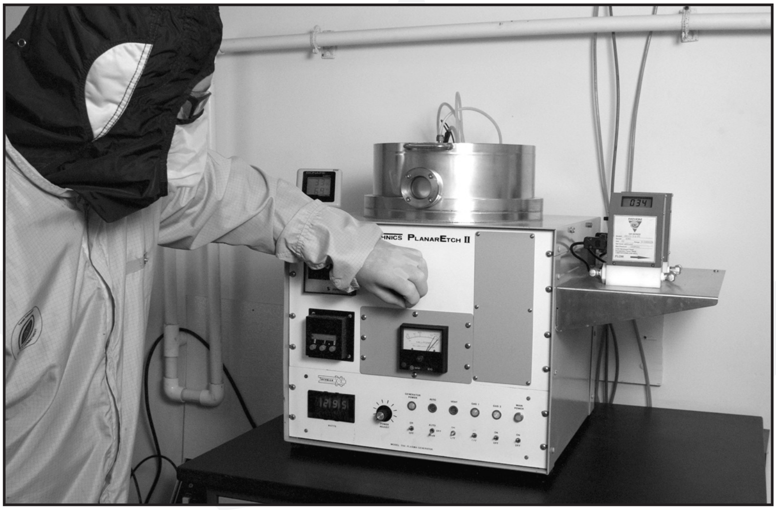
3 large green tomatoes
1½ c. sugar
1 stick butter
nutmeg to taste

**1** Peel tomatoes and slice thinly (about ⅛ of an inch thick).

**2** Make a 9-inch pie shell. Place tomatoes in the shell by layers. On each layer sprinkle with sugar, nutmeg, and dot with butter. When all tomatoes are used, place strips of pie dough on the top of the pie.

**3** Bake in a low heat oven (about 300-325 degrees) for 1 hour or until the tomatoes are tender and top crust is a golden brown.

## Did you know ...




Semiconductor Manufacturing Technology is just one of several emerging technology programs offered at TSTC.

# Homemade Ice Cream

Joni Coons
Wellness Coordinator

SSD
TSTC West Texas Sweetwater

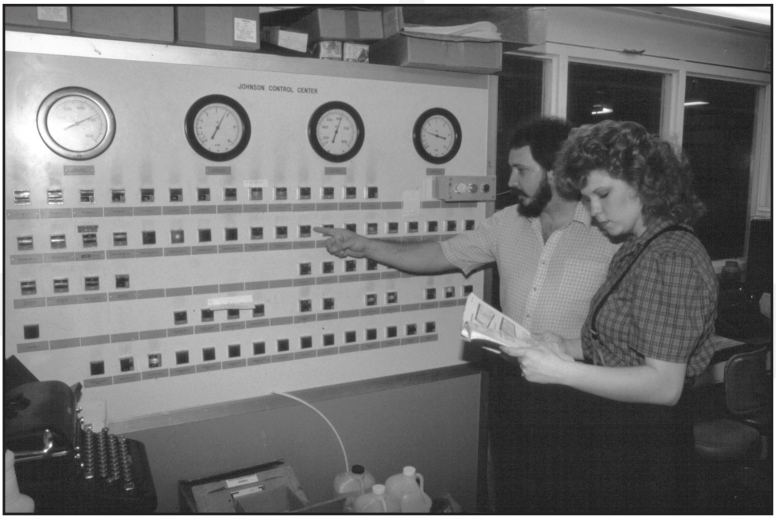
## Ingredients

7 egg yolks (no whites)
2 c. sugar
3 tsp. vanilla
1 can Eagle Brand milk
½ tsp. salt

1 Beat eggs well. Add remaining ingredients.

2 Pour in freezer and add milk to finish filling freezer.

## Did you know ...




TSTC has always equipped its labs with the equipment necessary to train skilled technicians.

# Hot Fudge Cake

Nancy Treadwell
Instructor

General Education
TSTC West Texas Sweetwater

## Ingredients

- 1 c. gluten-free flour
- ¾ c. sugar
- 6 tbsp. baking cocoa, divided
- 2 tbsp. baking powder
- ½ tsp. salt
- ½ c. milk
- 2 tbsp. oil
- 1 tsp. gluten-free vanilla
- 1¾ c. hot water
- 1 c. packed brown sugar

*Options:*
*This dish can be made using regular flour. The brown sugar can also be cut in ½ for those who prefer a lesser sugar rush.*

**1** In medium bowl, combine flour, sugar, 2 tablespoons cocoa, baking powder, and salt.

**2** Stir in milk, oil, and vanilla until smooth.

**3** Spread in an ungreased 9x9 baking pan.

**4** Combine brown sugar and remaining cocoa.

**5** Sprinkle over batter. Pour hot water over all. DO NOT STIR.

**6** Bake at 350 degrees for 35-40 minutes.

**7** Serve slightly warm with whipping cream or ice cream.

## Michael Huneke writes:

Michael Huneke
Instructor

Automotive Program
TSTC Waco

*Best dang cake I ever ate!*

# Hummingbird Cake

Michael Huneke
Instructor

Automotive Program
TSTC Waco

## Ingredients

- 3 c. flour
- 2 c. sugar
- 1 tsp. baking powder
- ½ tsp. salt
- 1 tsp. cinnamon
- 2 c. chopped bananas
- 1 c. crushed pineapple, drained
- 3 large eggs
- 1½ tsp. vanilla
- 1 c. vegetable oil
- 1 c. finely chopped pecans

## Frosting:

- 8 oz. cream cheese
- ½ c. butter
- 1 lb. powdered sugar
- 1 tsp. vanilla

**1** Preheat oven to 350 degrees.

**2** Butter two 9-inch cake pans or use parchment paper.

**3** Sift flour, sugar, baking soda, cinnamon, and salt into bowl.

**4** Whisk bananas, pineapple, oil, eggs, and vanilla until combined.

**5** Pour into the dry mixture and fold together with a large spatula.

**6** Fold in pecans.

**7** Spread into pans evenly.

**8** Bake 30-35 minutes.

**9** Cool on wire racks.

## Frosting:

**1** Beat cream cheese and butter in large bowl.

**2** Using low speed slowly beat in sugar and vanilla until smooth.

**3** Frost cake.

## Iris Cunningham writes:

Iris Cunningham
Academic Advisor
Counseling, Testing, & Advising
TSTC Waco

*This is one of my favorite things to make. It is time consuming, but it is my husband James' favorite. I found out when we were dating that Red Velvet Cake was his favorite, so having never tried it before I made one for him. I guess it worked . . . we have been married now for seven and a half years now!*

*My proudest experience being here is seeing my students succeed and move forward whether to a four-year college or into the workforce. Ebonie Brown comes to my mind. She is like a daughter to me. She has transferred to Tarleton State University after receiving her Certificate in Food Service/Culinary Arts and is working on a bachelor's degree in Music Education. She is my girl and we keep in touch and I continue to help and encourage her as she moves on.*

# Iris' Irresistible Red Velvet Cake

Iris Cunningham
Academic Advisor

Counseling, Testing, & Advising
TSTC Waco

**Ingredients**

**Cake:**

- ½ c. shortening (Crisco)
- 1¾ c. sugar
- 1 tsp. salt
- 1 tsp. vanilla
- 1⅔ c. cold water (will be divided up):
  - ⅓ c. (2) cold water
  - 1 c. cold water
- ½ c. cocoa
- 2½ c. sifted cake flour
- 3 egg whites
- 1½ tsp. baking soda
- 2 oz. red food coloring

**Frosting:**

- 12 oz. cream cheese (softened at room temp)
- 1½ lb. confectioner's sugar
- 3 tsp. vanilla extract
- 2 c. chopped pecans (optional)

**Cake:**

**1** Stir shortening into cream.

**2** Gradually add 1 cup sugar, creaming until light.

**3** Add salt and vanilla.

**4** In separate bowl combine ⅓ cup cold water with cocoa and beat into a creamed mixture.

**5** Add to base mixture thoroughly.

**6** To base mixture slowly add flour alternately with 1 cup water, beat after each addition (begin and end adding with flour).

**7** In another separate bowl, beat egg whites until peaks form.

**8** Gradually add remaining ¾ cup of sugar to egg whites and beat until stiff peaks form.

**9** Fold egg and sugar mixture into base mixture.

**10** Dissolve baking soda in ⅓ cup of cold water and add red food coloring.

**11** Mix well into base mixture.

*Cont. next page*

# Iris' Irresistible Red Velvet Cake (cont.)

Iris Cunningham
Academic Advisor
Counseling, Testing, & Advising
TSTC Waco

**12** Bake in 2 greased and floured 9-inch cake pans and cook at 350 degrees for 30 minutes or until done.

**13** Cool in pans for 15-20 minutes.

**14** Turn out onto wire racks and cool thoroughly.

**Frosting:**

**1** Beat cream cheese until light.

**2** Add confectioner's sugar and vanilla extract.

**3** Spread frosting between layers and sprinkle with nuts.

**4** Frost top and sides of cake and add nuts.

# Lemon Pound Cake

Kay Shaw
Accounting Assistant II
Student Accounting/Cashiers
TSTC Waco

## Ingredients

### Cake:

- 2 c. sifted flour
- 2 c. sugar
- 2 tsp. lemon flavor
- 1 tsp. vanilla flavor
- 1 c. butter softened
- 6 eggs, room temperature

### Glaze:

- ½ c. water
- 1 c. sugar
- 1 tsp. lemon flavor

### Cake:

**1** Combine ingredients and beat for 10 minutes.

**2** Pour into bundt pan and bake at 350 degrees for 35 minutes.

### Glaze:

**1** Mix ingredients in saucepan, bring to a boil, and pour over warm cake while still in pan.

**2** Let cake sit until glaze is soaked in.

## Barbara Selke-Kern writes:

Barbara Selke-Kern
Executive Vice Chancellor
System Operations
TSTC System

*Lindsay's Chocolate Cake is easy to make, and people smile when they taste it. Plus, Lindsay is my niece and her recipe shows that the Selke family tradition of cooking for those we love is continuing in the next generation.*

*I want my life to be meaningful. I'm pleased and proud to be part of TSTC—a group of people who make such a positive difference in the lives of individuals and communities.*

# Lindsay's Chocolate Cake

Barbara Selke-Kern
Executive Vice Chancellor

System Operations
TSTC System

## Ingredients

- 1 pkg. butter cake mix (without pudding)
- 1 small pkg. instant vanilla pudding (not sugar-free)
- ½ c. vegetable oil
- ½ c. water
- 3 eggs
- 8 oz. sour cream
- 1 bar (4 oz.) German or dark chocolate (grated)
- 6 oz. semi-sweet chocolate chips

1. Mix together cake and pudding mixes.
2. Add vegetable oil, water, and eggs; mix well.
3. Stir in sour cream, grated chocolate, and chocolate chips.
4. Pour batter into a greased bundt pan.
5. Bake at 350 degrees for 45-55 minutes.
6. Cool in pan for 15 minutes.

## Did you know ...



Lasers have become integrated into a variety of applications.

# Marshmallow Cream Fudge

Mike Coler
Program Chair/Master Instructor
Computer Aided Drafting & Design Technology
TSTC West Texas Sweetwater

## Ingredients

- 4 c. sugar
- ½ c. (1 stick) butter or margarine, softened
- 1 can evaporated milk
- 1 pkg. semi-sweet chocolate chips
- 1 jar (7 oz.) marshmallow cream
- ¼ c. chopped walnuts or pecans

**1** Combine sugar, margarine, and milk in pan; heat to boiling and cook for an additional 6-7 minutes.

**2** Stir mixture frequently during cooking time. Turn off heat to pan and add chocolate chips and stir until melted and then stir in marshmallow cream. Add nuts after marshmallow cream is blended in.

**3** Pour into a buttered 9x12 cake pan and let cool.

## Diana Mynarcik writes:

Diana Mynarcik
Program Maintenance Specialist

Drafting & Design Technology
TSTC Waco

*My mom used to make this at Christmas time. It brings back good memories. I am trying to keep the tradition going by making it during the Christmas season.*

*I like working here because I like the type of work that I am doing. Being a program maintenance specialist, I am always learning something new. I get to work with both the faculty and students. My job is very satisfying.*

# Marshmallow Roll

Diana Mynarcik
Program Maintenance Specialist
Drafting & Design Technology
TSTC Waco

## Ingredients

30 graham crackers
½ c. Eagle Brand milk
18 marshmallows
½ c. pecans

**1** Cut marshmallows in small pieces and add Eagle Brand milk and chopped pecans.

**2** Crush crackers and add the mixture.

**3** Roll into wax paper and freeze.

**4** Slice and serve.

## Carmen Keiningham writes:

Carmen Keiningham
Administrative Assistant

Forecasting
TSTC System

*I chose this recipe because it is very easy and just what we working women need. This recipe was given to me by my wonderful new daughter-in-law who has baked this many times. It doesn't take very much time to make and the end result is delicious.*

*I like working at TSTC because I have been allowed the opportunity to grow with the college and form many lasting friendships. I have had many memorable experiences while working at TSTC. The best experience I have had while working at TSTC was being selected as a recipient of the Chancellor's Award for Faculty/Staff Excellence for System Operations. This truly was a great honor for me.*

# Microwave Peanut Brittle

Carmen Keiningham
Administrative Assistant

Forecasting
TSTC System

## Ingredients

- 1 c. sugar
- 1 tsp. vanilla extract
- ½ c. white corn syrup (Karo)
- 1 tsp. baking soda
- 1 c. dry roasted peanuts
- 1 tsp. butter

1. Mix sugar and corn syrup in a 1½-quart casserole dish.
2. Microwave on high for 4 minutes.
3. Stir in peanuts; microwave on high for 3-5 minutes or until light brown.
4. Add butter and vanilla to syrup and peanut mixture.
5. Mix well, and microwave on high for 1-2 minutes.
6. Use a pot holder; the pot will be hot.
7. Add baking soda and stir until foamy.
8. Quickly pour mixture onto a lightly greased cookie sheet.
9. Let cool for 30 minutes to 1 hour.
10. Do not cool in refrigerator as it might turn to sugar and won't be crunchy.

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor
English/Spanish
TSTC Harlingen

*I really like this recipe because I don't have to cook it. When I taught in junior high, I use to make it at school with my students' help. They love it.*

# No-Cook Homemade Ice Cream

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

## Ingredients

- 1 qt. milk plus 1 c. more
- 1 can sweetened condensed milk
- 1 small can evaporated milk
- 1 pt. whipping cream
- 1 c. sugar
- 3 tbsp. vanilla extract
- 3 c. or less mashed peaches or strawberries, mixed with ¾ c. sugar and juice of 1 lemon

**1** Combine first 6 ingredients and freeze to a mush in an electric or hand-turned freezer.

**2** Add fruit, if desired, and freeze hard.

**3** Remove dasher and pack with ice and salt until ready to serve.

*Keeps well in deep freeze without getting icy.*

*Makes 1 gallon.*

## Did you know ...



Preparing food is an art unto itself.

# Peach Cobbler

Lulu Morales
Administrative Assistant

Instructional Administration
TSTC West Texas Sweetwater

## Ingredients

**Batter:**

¼ c. butter

⅛ tsp. salt

½ tsp. baking powder

¾ c. flour

1 c. sugar

¾ c. milk

**Peach Mixture:**

2 cans sliced peaches with syrup

½ c. sugar

1 tsp. cinnamon

**1** Melt butter in cake pan at 350 degrees.

**2** Mix flour, salt, baking powder, sugar, and milk; pour into melted butter.

**3** Mix peaches, sugar, and cinnamon; pour into pan and bake for 1 hour.

## Janyth Ussery writes:

Janyth Ussery
Registrar

Admissions & Records
TSTC West Texas Sweetwater

*This recipe was given to me several years ago and it has become a family favorite for the holidays.*

*One of the best experiences that I have had at TSTC is taking a group of Phi Theta Kappa students to the international convention. I was amazed at how this group of students bonded, strived to gain knowledge, and returned to campus excited about the new possibilities in which they could contribute to the organization and to the college.*

# Peaches & Cream Pie

Janyth Ussery
Registrar

Admissions & Records
TSTC West Texas Sweetwater

## Ingredients

### Crust:

- ¾ c. flour
- ½ tsp. baking soda
- ⅛ tsp. salt
- 3 tbsp. melted margarine
- 1 small box vanilla instant pudding
- 1 egg

### Filling:

- 1 large can sliced peaches, drained
- 16 oz. cream cheese
- 1 c. sugar
- 6 tbsp. peach juice

**1** Mix all crust ingredients together.

**2** Mix well and knead with hands until the mixture makes a good dough.

**3** Press in the bottom of a 10-inch spring form pan and set aside.

**4** For filling, mix cream cheese, sugar, and peach juice until smooth.

**5** Place drained peaches over crust mixture and pour cream cheese mixture over peaches.

**6** If desired, mix a small amount of cinnamon and sugar and sprinkle on top.

**7** Bake 45 minutes at 375 degrees.

**8** Allow to cool and run knife around edge of pan and release spring form pan from pie and serve.

## Betty Davis writes:

Betty Davis
Department Secretary

Library
TSTC West Texas Sweetwater

*This recipe is my husband's favorite kind of pie. The recipe was handed down from his grandmother.*

*I have thoroughly enjoyed working for TSTC for the past 25½ years because I have met so many interesting people. Getting to know the students, where they're from, and what different programs they are in, has been a highlight in my job. Each semester seems to bring someone new who makes a vast impression on my life. I don't regret having this opportunity.*

# Peanut Butter Pie

Betty Davis
Department Secretary
Library
TSTC West Texas Sweetwater

## Ingredients

### Pie crust:

- 1½ c. flour
- 5 tbsp. Crisco
- 1 tsp. salt
- 5 tbsp. ice water

### Meringue:

- 3 egg whites
- dash salt
- 6 tbsp. sugar
- ⅛ tsp. cream tartar

### Filling:

- 3 tbsp. margarine
- 3 egg yolks, beaten
- 1 c. sugar
- 3 tbsp. flour
- 2 c. milk
- ½ c. peanut butter

### Pie crust:

**1** Mix first three ingredients together and work Crisco into flour until it resembles coarse meal.

**2** Add ice water and stir until dough forms.

**3** Turn onto floured surface and roll with rolling pin until crust is size required for pie plate.

**4** Very carefully, place crust into pie plate, flute edges, and trim off excess crust.

**5** Bake in preheated 350-degree oven until slightly brown.

### Filling:

**1** Melt margarine over low heat. Set aside to cool slightly, while separating eggs. (Egg whites are to be used in meringue.)

**2** Mix sugar with flour. Pour egg yolks into margarine; add flour-sugar mixture.

**3** Stir until mixed.

*Cont. next page*

# Peanut Butter Pie (cont.)

Betty Davis
Department Secretary

Library
TSTC West Texas Sweetwater

**4** Add milk.

**5** Stir until dissolved.

**6** Add peanut butter.

**7** Cook over medium heat, stirring constantly, until thick (it will start to boil).

**8** Remove from heat and set aside to cool while making meringue.

**Meringue:**

**1** In large mixing bowl, beat egg whites and salt on high speed with mixer until stiff.

**2** Add cream tartar and continue beating.

**3** Add sugar, a little at a time, while beating.

**4** When stiff peaks can be formed, mixture is ready to be placed on top of pie.

*Cont. next page*

# Peanut Butter Pie (cont.)

Betty Davis
Department Secretary

Library
TSTC West Texas Sweetwater

**Bake:**

**1** Pour filling into crust.

**2** Spoon meringue onto filling and spread to edges.

**3** At this time, I always make peaks on the top of pie.

**4** Place into oven (still 350 degrees) and let peaks brown.

**5** Remove from oven and allow to cool.

*(This recipe can be used for any cream pie such as coconut or pineapple or even chocolate by substituting whichever you want for the peanut butter. With coconut pie, coconut is also sprinkled on the meringue before putting into oven. With chocolate, use two squares of unsweetened chocolate melted with margarine.)*

## Kathy Podsednik writes:

Kathy Podsednik
Administrative Assistant
President's Office
TSTC Waco

*I brought this to the office and everyone thought I worked really hard to create this heavenly dessert. Brenda Suggs raved about it so much and asked for the recipe. So my secret was out — it's just an easy recipe, looks good, and tastes great!*

# Pina Colada Coconut Cake

Kathy Podsednik
Administrative Assistant

President's Office
TSTC Waco

## Ingredients

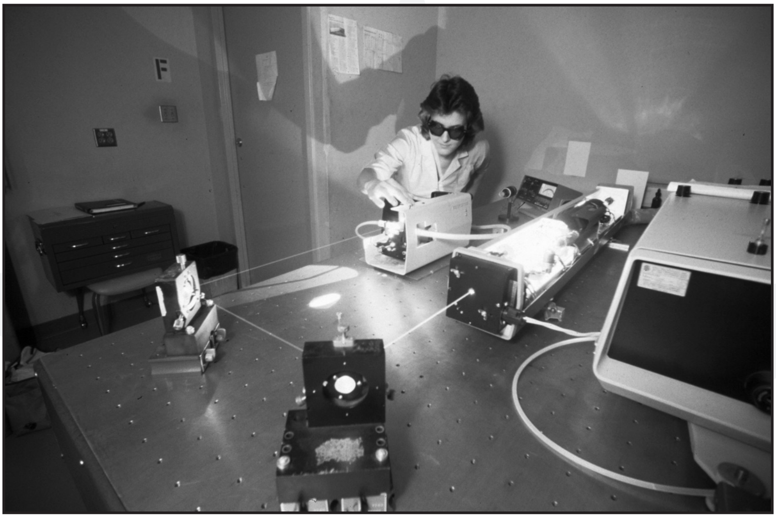
- 1 Duncan Hines yellow cake mix
- 1 can Eagle Brand milk
- 1 can (15 oz.) Coco Lopez (cream of coconut)
- 1 small container Cool Whip
- ¾ c. coconut, toasted

**1** Bake cake mix according to directions in a 9x13 pan. While cake is still hot, poke holes through the cake with a meat fork.

**2** Mix the Eagle Brand milk and cream of coconut. Pour mixture over cake slowly, letting it flow into the holes, until all the mixture is absorbed.

**3** When the cake is cool, spread Cool Whip on the cake. Top with a generous amount of toasted coconut.

## Did you know ...



Students at TSTC receive the hands-on experience necessary to be an asset to their professions after graduation.

# Popcorn Cake

Natile Woodrow
Accounts Payable Supervisor

Business Office
TSTC West Texas Sweetwater

## Ingredients

- 4 qt. popped popcorn
- 1 pkg. (16 oz.) M&M's
- 1 c. chopped pecans
- 1 c. peanuts
- 1 stick margarine
- 1 bag (16 oz.) small marshmallows

**1** Mix the popcorn, M&M's, and nuts in a large pan.

**2** Melt the margarine and marshmallows until there are no lumps.

**3** Pour the liquid mixture over the dry mixture.

**4** Put in a bundt pan and refrigerate overnight.

## Did you know ...




Lasers are used in many different industry settings.

# Pumpkin Cake

Kathy Kennedy
Manager

Research, Planning, & Analysis
TSTC West Texas Sweetwater

**Ingredients**

- 1 box Duncan Hines yellow cake mix
- ½ c. cooking oil
- 1 c. canned pumpkin
- ¾ c. sugar
- ¼ c. water
- 4 eggs
- 1 tsp. cinnamon
- ⅛ tsp. nutmeg

**1** Pour batter into a bundt pan or muffin tins and bake according to cake mix directions — at 350 degrees for approximately 45 minutes for the bundt cake and 20 minutes for muffins.

**2** The Pumpkin Cake freezes very well.

## Sherry Strickland writes:

Sherry Strickland
Associate Vice President for Student Learning
Instructional Support
TSTC West Texas Breckenridge

*This is my Mom's recipe and one of my son's favorites. Enjoy them with someone you love!*

# Ranger Cookies

Sherry Strickland
Associate Vice President for Student Learning

Instructional Support
TSTC West Texas Breckenridge

## Ingredients

½ c. butter, softened
½ c. sugar
1 egg
1 tsp. vanilla
1¼ c. flour
¼ tsp. salt
½ tsp. baking powder
½ tsp. soda
½ c. brown sugar
2 c. Rice Krispies
1 can (3½ oz.) coconut
1 c. pecans

**1** Beat butter; add sugar, egg, and vanilla.

**2** Add flour and dry ingredients.

**3** Add Rice Krispies, coconut, and pecans last.

**4** Drop by teaspoon, 2 inches apart, on ungreased cookie sheet.

**5** Bake in 375-degree oven 8-10 minutes.

*Makes 48 cookies.*

## Maria P. Lopez writes:

Maria P. Lopez
Library Technician

Library
TSTC West Texas Sweetwater

*This recipe was given to me by a fellow employee who worked at TSTC West Texas and then came to school at TSTC West Texas. She was a very dear and wonderful person whose life was taken from her.*

*It's just a wonderful place to work. I love working for not just the students but everyone who comes out to TSTC West Texas.*

# Roxanne Rangel Mexican Cookies

Maria P. Lopez
Library Technician

Library
TSTC West Texas Sweetwater

## Ingredients

2 c. lard

2 c. shortening

1 c. sugar plus extra

10 c. flour (plain)

water

4-6 cinnamon sticks or use cinnamon powder

**1** Measure out lard and shortening.

**2** Add some hot water to your cup of sugar to dissolve just the sugar.

**3** Measure out your flour.

**4** Add your cinnamon sticks in a blender and puree sticks or use cinnamon powder.

**5** Add the mixture to your flour.

**6** On the cinnamon powder, don't overdo it! Remember to just color the flour.

**7** In a large bowl add your lard and shortening together.

**8** Mix both ingredients with your hands.

**9** Now add your flour and cinnamon mixture to it a little at a time.

**10** When all flour-cinnamon mixture has been used up now add the sugar-water mixture.

*Cont. next page*

# Roxanne Rangel Mexican Cookies (cont.)

Maria P. Lopez
Library Technician

Library
TSTC West Texas Sweetwater

**11** Knead the dough; if it's too dry add just a little water to it or if it's too sticky add some flour until the mixture comes out clean from your bowl.

**12** Preheat your oven to 300-325 degrees.

**13** Flour your surface.

**14** Roll out your dough to about ⅜-inch thickness.

**15** Use whatever cookie cutter you like.

**16** Put on cookie sheet and bake for 10–15 minutes or until cookies brown on the bottom.

**17** Measure out some sugar and cinnamon powder in a large bowl.

**18** When cookies are done put in sugar-cinnamon mixture and cover them completely.

*Makes 17 dozen.*

# Russian Rock Cookies

Peggy Adams
Accounting Assistant II

Business Office
TSTC Marshall

**Ingredients**

- 1½ c. sugar
- 1 c. butter
- 3 c. flour
- 1 tsp. soda dissolved in boiling water
- ½ c. boiling water
- 1 tsp. cinnamon
- 1 tsp. cloves
- 3 eggs
- 1 lb. raisins
- 1 lb. pecans

**1** Make sure butter is at room temperature. Mix sugar, butter, flour, cinnamon, cloves and eggs.

**2** Add boiling water with soda, then mix in raisins and pecans.

**3** Spoon and drop onto greased cookie sheet.

**4** Bake in moderate oven at 325 degrees until done.

## Kathy Podsednik writes:

Kathy Podsednik
Administrative Assistant
President's Office
TSTC Waco

*Santa is jolly and much sweeter after these treats — a family holiday must. They are chewy, rich, and so delicious!*

# Santa's Treats

Kathy Podsednik
Administrative Assistant

President's Office
TSTC Waco

## Ingredients

- 2 c. graham cracker crumbs
- ½ c. melted margarine
- 1 pkg. milk chocolate chips
- 1 pkg. semi-sweet chocolate chips
- 1 pkg. peanut butter chips
- 1 can Eagle Brand milk
- 1 bag small marshmallows

**1** Mix graham cracker crumbs with margarine; press into 9x13 pan. Layer each of the ingredients as listed.

**2** Bake on 350 degrees for 30 minutes. Cut when cool.

## Did you know ...



Pastries are only one of the many items TSTC students learn to make while earning a degree in Food Service/Culinary Arts.

# Love in a Pan

MaryLou Bledsoe
Director of Financial Aid

Financial Services
TSTC West Texas Sweetwater

## Ingredients

- 1 c. flour
- 1 stick butter, softened, not melted
- 1 c. chopped pecans
- 8 oz. cream cheese, softened
- 1 c. powdered sugar
- 1 tub (9 oz.) Cool Whip
- 1 box (4 oz.) instant vanilla pudding
- 1 box (4 oz.) instant chocolate pudding
- 3 c. milk

**1** Mix together flour, butter, and pecans and press in a 9x13 pan. Bake until brown at 350 degrees. Let cool.

**2** Mix together cream cheese and powdered sugar with a mixer and fold in 1 cup of Cool Whip. Spread over crumb mixture. (Be careful as the crust is not solid on the bottom. If the crust starts to come up, don't worry; just spread it as evenly as you can across the bottom because you will cover it up with the pudding.)

**3** Mix puddings and milk until thick and pour over cream cheese mixture.

**4** Top with the rest of the Cool Whip and add chopped pecans if you wish.

## Did you know ...



Remodeling the Industrial Technology Center at TSTC Waco has re-energized one of the original buildings on the campus.

# Snooker Doodles

Joni Coons
Wellness Coordinator

SSD
TSTC West Texas Sweetwater

**Ingredients**

½ c. oleo
2 tsp. cream of tartar
½ c. shortening
½ c. sugar
1 tsp. baking soda
2 eggs
¼ tsp. salt
2¾ c. flour

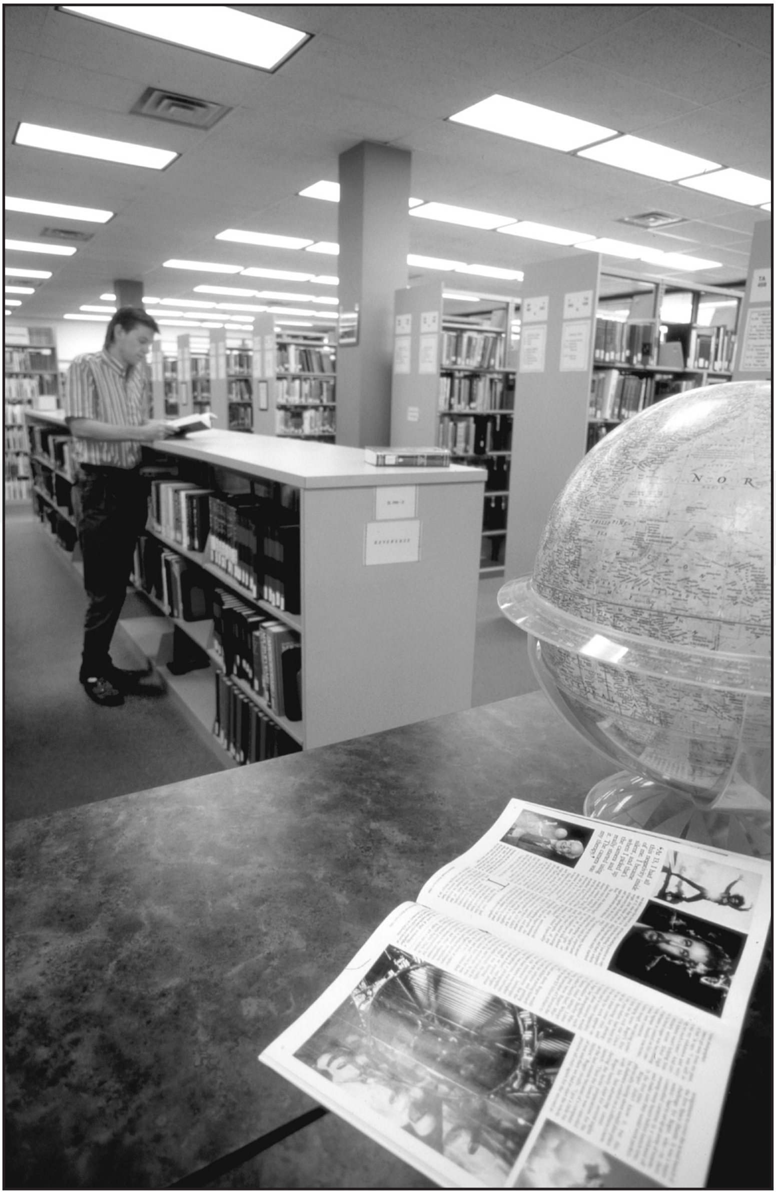
1 Preheat oven to 400 degrees.

2 Combine oleo and shortening; mix well. Add remaining ingredients.

3 Roll in mixture of 2 teaspoons cinnamon and 2 tablespoons sugar.

4 Bake 8-10 minutes (no longer).

## Did you know ...



The TSTC Waco Library is a resource utilized by students for all their classes.

# Strawberry Crunch

Dottie Vass
Custodial Foreman

Custodial Services
TSTC Waco

## Ingredients

### Crunch:

- 1 c. plain flour
- ½ c. brown sugar
- ½ c. chopped pecans
- ½ c. melted butter

### Strawberry filling:

- 2 large egg whites
- 1 c. sugar
- 2 c. fresh sliced strawberries (20 oz. pkg. frozen berries)
- 8 oz. whipping cream
- 2 tsp. lemon juice

**1** Mix crunch ingredients.

**2** Spread this mixture in a 9x13 pan and bake at 350 degrees for 15-20 minutes.

**3** Stir occasionally to break the pieces into crumbs.

**4** After cooking, set aside ⅓ of the crunch to use as topping.

**5** Combine egg whites, sugar, berries, and lemon juice in a large mixing bowl.

**6** Beat at a high speed for 10-15 minutes. (Mixture expands as you beat it.)

**7** In a separate, smaller bowl whip the cream.

**8** Fold whipped cream into berry mixture.

**9** After the crunch has cooled, evenly distribute ⅔ of it across the bottom of the pan.

**10** Cover crunch with berry and whipped cream mixture. Sprinkle the remaining ⅓ of the crunch.

*Cont. next page*

# Strawberry Crunch (cont.)

Dottie Vass
Custodial Foreman

Custodial Services
TSTC Waco

**11** Freeze until solid.

**12** When ready to serve, allow it to thaw. This will make it easier to cut.

# Tahitian Coconut Bread

Bridgett Willett
Coordinator

Training
TSTC West Texas Sweetwater

## Ingredients

- 2 c. fresh coconut, grated
- 4 c. flour
- 2 tsp. baking powder
- 1½ c. sugar
- 1½ c. water

**1** Combine coconut, sugar, and water.

**2** Blend flour and baking powder together.

**3** Mix all ingredients to a doughy texture, adding a little flour as needed so it is not too sticky.

**4** Wrap in aluminum foil and bake in oven at 350 degrees for 1-1½ hours.

*Makes 5 loaves.*

## David Meine writes:

David Meine
Special Projects Coordinator (retired)
Instructional Administration
TSTC Waco

*Using pecans from the tree in the backyard and decorative jars with ribbon, this provided Christmas gifts that were different and inexpensive.*

# Sugared & Spiced Pecans

David Meine
Special Projects Coordinator (retired)
Instructional Administration
TSTC Waco

## Ingredients

1 egg white
3 tsp. cinnamon
2 tbsp. water
1 tbsp. ginger
1½ c. pecan halves
¼ c. cornstarch
⅔ c. sugar

1 Beat egg white with water.

2 Stir in pecans until all are moistened.

3 Combine sugar, cinnamon, ginger, and cornstarch and then sift onto shallow baking dish.

4 Toss pecans in mixture until well coated.

5 Bake in slow oven (250 degrees), stirring occasionally.

6 Cool, break apart, and store in covered jar.

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

*Everybody loves this cake. This is my standard birthday cake. This is also easy to take to potluck dinners, picnics, etc. Just cover pan loosely with foil and go! My middle daughter and I even put the pan-covered cake in a small suitcase and took it to San Diego for her sister's birthday!*

# Texas Chocolate Sheet Cake

Caroline McClellan
Senior Instructor
English/Spanish
TSTC Harlingen

## Ingredients

### Cake:

- 2 c. flour
- 2 c. sugar
- 1 tsp. cinnamon
- ½ tsp. salt
- 1 tsp. soda
- 2 sticks butter
- 1 c. water
- 4 tbsp. cocoa
- 2 eggs
- 8 oz. sour cream

### Icing:

- 1 stick butter
- 4 tbsp. cocoa
- 6 tbsp. milk
- 1 box powdered sugar
- 1 tsp. vanilla
- 1 c. pecans, chopped

### Cake:

1. Mix flour, sugar, cinnamon, salt, and soda. Set aside.
2. Bring margarine, water, and cocoa to a boil. Pour boiled mixture over the flour.
3. Then add eggs and sour cream. Put batter in greased 15x11x1 pan.
4. Bake at 325 degrees for 20 minutes.

### Icing:

1. Bring butter, cocoa, and milk to a boil.
2. Add powdered sugar, vanilla, and pecans.
3. Immediately ice warm cake.

## Did you know ...



Students at TSTC Waco learn that the presentation of a meal is just as important as the food itself.

# Tropical Sherbet

Debby DeFee
Program Chair

Food Service/Culinary Arts
TSTC Waco

## Ingredients

- 1 c. milk
- 1 c. sugar
- 1⁄16 tsp. salt
- ½ c. evaporated milk
- 3 tbsp. lemon juice
- ¼ c. orange juice
- 1 banana, mashed

*Options:*
*Low fat or skim milk can be substituted & ½ cup drained crushed pineapple.*

**1** Heat ½ cup milk just enough to dissolve sugar.

**2** Add rest of milk and salt. Freeze to a mushy consistency.

**3** Add juices and banana. Continue to freeze until firm. Adding the juices to the slightly frozen mixture keeps the milk from curdling.

*Makes 1 quart.*

## Caroline McClellan writes:

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

*These are especially good at Christmas time. My kids loved to help roll the balls. This recipe is fun and easy.*

# Vanilla Wafer Balls

Caroline McClellan
Senior Instructor

English/Spanish
TSTC Harlingen

**Ingredients**

1 pkg. (12 oz.) vanilla wafers, crushed

1 c. powdered sugar

1 c. pecans, finely ground

1 can (6 oz.) frozen orange juice, undiluted

**1** Mix ingredients well.

**2** Refrigerate for a few hours (or overnight).

**3** Shape into balls.

**4** Roll in additional powdered sugar.

**5** Refrigerate.

*Makes 60 balls.*

## Bess Tucker writes:

Bess Tucker
Department Secretary
Math
TSTC Waco

*What can I say? It's red, white, and blue!*

*Of course I like being at TSTC for the money, benefits, and the working conditions, but mainly because there are a lot of very nice people I have come to know.*

# Wave Your Flag Cake

Bess Tucker
Departmental Secretary

Math
TSTC Waco

**Ingredients**

1 pkg. cake mix, any kind

1 pkg. blueberries, fresh or frozen

8 oz. Cool Whip, thawed

1 qt. fresh strawberries

1 pkg. (8-serving size) or 2 pkg. (4-serving size) Jello, cherry, strawberry, or berry blue

**1** Bake cake and let it cool.

**2** Poke holes in cake with a fork and drizzle the Jello (use ½ cup less water) after it is cooled, completely covering the cake.

**3** After icing the cake with Cool Whip, arrange the blueberries in the left-hand corner for the stars.

**4** Arrange the strawberries (halved) on the cake for the stripes.

**5** Cake must be stored in refrigerator and served chilled.

## Lillian Macik writes:

Lillian Macik
Manager, Administrative Support

Chancellor's Office
TSTC System

*This recipe was given to my by someone attending Weight Watchers. When I tried it I couldn't believe that this was a diet recipe. When you try it you will see why.*

*The best thing about working at TSTC is having the family-oriented atmosphere. We're one big family spread across Texas.*

# White Chocolate Ambrosia

Lillian Macik
Manager, Administrative Support

Chancellor's Office
TSTC System

## Ingredients

1 can (15 oz.) fruit cocktail in juice

1 can (20 oz.) pineapple tidbits in juice

1 can (11 oz.) mandarin oranges

2 small pkg. white chocolate sugar-free pudding

1 c. fat-free sour cream

6 oz. Cool Whip Free

**1** Drain fruits, reserving 1½ cup liquid.

**2** Mix pudding with the 1½ cups of juice.

**3** Stir in sour cream and Cool Whip.

**4** Fold in fruits and chill.

*Makes 8 cups.*

## Did you know ...




The John B. Connally Technology Center houses several computer-related programs at TSTC Waco.

# Monkey Bread

Charlotte Tucker
Admissions Advisor

Admissions
TSTC West Texas Brownwood

## Ingredients

- 3 cans (10 per can) buttermilk biscuits
- 1 c. sugar
- 2 tsp. cinnamon
- 1 c. brown sugar
- 1 stick butter
- nuts, if desired

**1** Cut biscuits into quarters. In large baggie, combine white sugar and cinnamon.

**2** Shake biscuit pieces and line in greased tube or bundt pan.

**3** Melt butter and brown sugar. Boil 1 minute. Pour over biscuits.

**4** Bake 35 minutes at 350 degrees. Let stand 10 minutes before removing from pan.

## Wayne Blinka writes:

Wayne Blinka
Software Integration Specialist
Software Support Services
TSTC Waco

*These are pretty easy to throw together, even if you haven't yet had your morning coffee.*

# Blueberry-Pecan Muffins

Wayne Blinka
Software Integration Specialist

Software Support Services
TSTC Waco

**Ingredients**

1 egg
¾ c. milk
½ c. brown sugar
1 tbsp. butter, melted
2 c. unbleached flour
1 tbsp. baking powder
¼ tsp. salt
1½ c. blueberries, fresh (preferred) or frozen
flour to coat berries
½ c. pecans, coarsely chopped

**1** In a large bowl mix egg, sugar, and milk. Add butter.

**2** Sift together flour, baking powder, and salt. Fold into egg mixture until just mixed.

**3** Toss blueberries in flour to coat. Fold blueberries and pecans gently into batter.

**4** Coat muffin pan with cooking spray.

**5** Fill cups to ½ inch from top.

**6** Place in 425-degree oven for 12 minutes. Cool in pan for several minutes before removing muffins.

## Carol Allen writes:

Carol Allen
Instructor

Computer Networking & Systems Administration
TSTC Waco

*I enjoy working at TSTC because of the wonderful people that I work with. It is no secret that CNS has the best boss on campus! I enjoy teaching and helping to make a difference in the lives of our students. One of the best experiences I have had while working here is receiving the 2005 Chancellor's Award of Excellence.*

# Cream Cheese Banana-Nut Bread

Carol Allen
Instructor
Computer Networking & Systems Administration
TSTC Waco

**Ingredients**

- ¾ c. butter, softened
- 1 pkg. (8 oz.) cream cheese, softened
- 2 c. sugar
- 2 large eggs
- 3 c. all-purpose flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1½ c. mashed bananas (1¼ lb. unpeeled bananas, about 4 medium)
- 1 c. pecans, chopped & toasted
- ½ tsp. vanilla extract

**1** Beat butter and cream cheese at medium speed with an electric mixer until creamy.

**2** Gradually add sugar, beating until light and fluffy.

**3** Add eggs, one at a time, beating just until blended after each addition.

**4** Combine flour and next three ingredients; gradually add to butter mixture, beating at low speed just until blended.

**5** Stir in bananas, pecans, and vanilla.

**6** Spoon batter into 2 greased and floured 8x4 loaf pans.

**7** Bake at 350 degrees for 1 hour or until a long wooden pick inserted in center comes out clean and sides pull away from pan; shield with aluminum foil last 15 minutes to prevent browning, if necessary.

**8** Cool bread in pans on wire racks for 10 minutes.

**9** Remove from pans and cool 30 minutes on wire racks before slicing.

## Carolyn O'Neill writes:

Carolyn O'Neill
Network Technician II
Network & Telecommunications
TSTC Marshall

*This is a recipe that my mother gave to me when I first started cooking. It is a no-fail recipe for fudge.*

*I like working here because everyone is like family. The desire to help one another is outstanding and a thank you is often heard after fixing a computer or network problem. People generally speak well of one another instead of tearing one another down.*

# Carolyn's Fudge

Carolyn O'Neill
Network Technician II

Network & Telecommunications
TSTC Marshall

## Ingredients

- 2 c. sugar
- 1 pkg. (6 oz.) semi-sweet chocolate chips
- 1 stick butter
- ½ c. pecans
- 1 can (5 oz.) evaporated milk

**1** Combine sugar, butter, and milk in a saucepan and bring to a boil.

**2** Let boil for 4 minutes.

**3** Add chocolate chips and stir until they melt.

**4** Add pecans.

**5** Pour into a buttered pie dish and set in the refrigerator.

**6** Cut after it cools for about 30 minutes.

# TSTC PUBLISHING

Established in 2004, TSTC Publishing is a provider of high-end technical instructional materials and related information to institutions of higher education and private industry. "High end" refers simultaneously to the information delivered, the various delivery formats of that information, and the marketing of materials produced. More information about the products and services offered by TSTC Publishing may be found at its Web site: waco.tstc.edu/publishing_TSTC.



TSTC Publishing is located in the
Food Service/Culinary Arts building on the Waco campus.

TSTC 40 Years

Drawing on the same "can-do" attitude that has led TSTC to the forefront in training the global workforce, this first-ever TSTC cookbook pulls together recipes from faculty and staff across the entire state. Included inside are the best of the best in culinary delights all the way from Harlingen in the exotic atmosphere of South Texas, to Marshall in the piney woods of East Texas, to Waco in the heartland of Central Texas, and the wide-open spaces of West Texas.

For 40 years Texas State Technical College has proudly served as a public coeducational institution of higher education offering courses of study in technical education leading to the award of Certificates of Completion and Associate of Applied Science degrees. TSTC serves students from more than 200 counties in Texas, and TSTC graduates begin their careers in high-paying jobs across the state or continue their education at colleges and universities. TSTC graduates are among the most highly valued employees utilized by business and industry today and are well known for their work ethic, knowledge, and workplace skills.

*More information about this book as well as other books published by Texas State Technical College can be found at: waco.tstc.edu/publishing_TSTC/*

Texas State Technical College

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